

ND SHAPE Teacher Spotlight

November 2, 2022

Teacher Spotlight

ND SHAPE is excited to start a Teacher Spotlight Newsletter. The intent of this letter is to highlight successes, passions, and grow our member's network and resources. Each board member has been tasked to complete the spotlight form as well as ask a colleague/mentor or friend of their choice.

We are looking forward to sending these newsletters to our ND SHAPE community and social media networking sites. If you are interested in submitting a response, or would like to nominate a colleague ND SHAPE should reach out to, please complete this form. [Teacher Spotlight Google Form](#)

Kristen Hahne--Past ND SHAPE Board Member

Teaches: 7th Grade Health and PE at Simle Middle School.

What reinvigorates your passion for teaching? Attending conferences and professional development specifically for health and PE. Also, meeting with and working with others in the profession reinvigorates my passion for teaching.

Current Project: I am currently modifying a Mental and Emotional Health unit for 7th grade.

Favorite Resource: I enjoy teaching a game called Goldenball. It is a variation of capture the flag but it emphasizes teamwork.



Hahne's Favorite Activity--Golden Ball

Materials

- 2 balls (volleyball or dodgeball)
- 2 large cones
- 4 blue mats
- 2 Hula Hoops

Set Up

- Set up a cone with a ball on top, sitting inside a hula hoop on opposite sides of the gym.
- Place one or two mats on each side of the gym, along the sideline, half way between the center line

and the pylon on each side.

Rules and Gameplay

- The goal of the game is to retrieve the ball from the other team's end, bring it back to your end and knock your own ball off its cone by throwing the second ball at it. (Teams must have both of the game balls in their possession and use one to knock the other off of the cone)
- When players cross the center line, they are eligible to be tagged; once tagged they are frozen.
- In order to be unfrozen a teammate must successfully tag them, which allows them both free passage back to their zone.
- The mats are safe zones. Players who reach those mats safely can't be tagged.
- Once a team member retrieves the opposition's ball, it must be run across the half line. The ball can be passed around within the zone, but cannot be passed across the center line (must be run). The ball can be passed to a person on one of the safe zones, and that person can not be tagged. If a person with a ball is tagged, they are frozen and the ball is returned to the pylon.
- If a team successfully retrieves a ball, but their own ball was stolen in the process, they must put the ball they retrieved on their own pylon and try and retrieve their original ball again.
- The game can be adapted to restrict the number of players allowed in the attacking zone, the number of safe zones in play, and the number of people allowed on the safe zones (1, 2, or 3).

Modifications/ Differentiation

- The game can be adapted to restrict the number of players allowed in the attacking zone, the number of safe zones in play and the number of people allowed on the safe zones (1, 2, or 3).
- The type of implement being used can be changed as well.
- Flags can be used instead of tagging.
- Encourage teams to build a strategy and to work as a team. One student should not be able to do this alone – it takes teamwork.

ND STANDARDS:

- Creates open space by staying spread on offense, and cutting and passing quickly.
- Reduces open space on defense by staying close to the opponent.
- Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors and supporting classmates.
- Problem-solves with a small group of classmates during adventure activities, small group initiatives or game play.
- Generates positive strategies such as offering suggestions/assistance, leading/following, and or providing possible solutions when faced with a group challenge.

Safety concerns-

- Ensure that students understand the difference between tagging and pushing and are aware of potential consequences.
- Ensure all players stay within court and away from walls.

Leah Wheeling--ND SHAPE President

Teaches: 6th Grade PE and Digital Literacy at Simle Middle School

What reinvigorates your passion for teaching? I absolutely love spending time with my children Michael and Sarah, ages 4 and almost 2. Then conversing with my PE PLC friends is always an instant upper! Shout out to all of you and your great work!

Projects: I took on a side project this last year involving teaching SEL skills through board gaming. Students board game on certain days during homeroom time and have loved it. Watching the students

be excited about learning and teaching each other new skills has been amazing! Here is a link to a short video that explains the project more.

Favorite Resource: Large Group Activities that engage and challenge all students at their individual levels. In particular Scavenger Hunt, Fresher, and 3rd Option



Wheeling's Favorite Activity--Combined Classes-No Problem!

Intent:

This is designed to provide the learner with a variety of games that can accommodate 60-100 students.

These games can accommodate a large number of students, and keep students engaged, moving and learning and meeting many standards.

Scavenger Hunt:

- 12 Teams = 12 mats around the edge of the gym. (Leave 2-3 feet between wall and mat for teams to stand) 12 different items on each mat.
- "ON GO": Teams send 2 students connected by a pool noodle to run to another mat and bring back 1 item.
- Then send the next pair of runners with the noodle to get 1 of that same item from another mat.
- Repeat this process until you collect all 12 of the same object. Bring all 12 to the score keeper (teacher) to be counted and scored for 1 point.
- Then your team needs to redistribute the 12 items back out (returning one item back to each mat.)
- Reminder (safety consideration): Be a good neighbor you should steal from your neighbor(s) when they have the last item(s) you need.

Color Run:

- Objective: Be the first team to find and write down all the colors in the specific order given by the instructor.
- Hide 8-12 different colors under different cones around the playing space. Create an order/master list of which colors the students will need to find.
- Have students create a team name. Students can divide up in order to find the color faster, however have them scream their team name when they find the correct color in order to keep the color at that location secret.
- On go, students run to try and find their first color. All students must draw the color on their paper or on their forearm in a nice neat order.
- All caps need to be placed back on markers and all markers returned under cones.
- All teammates must show instructor their completed marking before receiving the next color.
- Variation: Instead of markers, have an exercise in a envelop. Students complete the exercise then report the completed exercise before given the next task.

Fresher/Power Up:

- This plays similar to capture the flag however you can only tag opponents that are less "fresh/powerful) than you.
- Each team has a Fresher line and then their line of cones 8-10 feet in front of them. Students begin play by stepping off their fresher line and running across the field to steal their opponent's cones.
- Player A steps off the fresher line first, thus being less fresh than every opponent, meaning any opponent can tag Player A

- Player B on the opposition steps off their fresher line second, he can only Tag player A.
- As player B gets close to stealing a cone, player C steps off the fresher line and starts to chase player B.
- Player B successfully steals the cone and runs back towards his own line of cones. Player A realizes what's happening but can not tag player B because player A is not "fresher" than player B.
- However, if Player A had gone back to their fresher line after player B stepped into play, player A would be fresher and could tag player B.
- Biggest teaching tip: Tell students to look at the field of play before they step off the "fresher" line. They can tag anyone in the field. Anyone one still on the opponent's Fresher line would be able to tag them.

Reverse Capture the Flag:

- Objective: Place as many bean bags into your opponents' hula hoops. Standard Capture the Flag set up. Set hula hoops up where the typical "flag/endzone" would be.
- Students take one bean bag at a time and attempt to throw or run it into the other team's hoop. (you may want to eliminate the throwing rule to start and add that in depending on the group)
- There is no jail – when tagged return to your side. You may run to the other side and stay there until you are tagged, you may catch multiple bean bags and place them in the hoop as long as you are not tagged in the process. The bean bag goes to the other team if: If tagged on the opponent's side bean bag is left. If the bean bag is tossed and dropped it stays where it was dropped. If the bean bag is thrown and lands anywhere outside the hoop it goes to the other team. Bean bags on the ground can only be picked up by the team members on that side.

3rd Option:

- Objective: Contribute to your team's success by completing one of the following three offensive actions:
- Run around and pull anyone's flags. (no one is safe anywhere). Return flags to center basket. Complete 1 burpee when 1 of your flags is pulled or 3 burpees if both flags are pulled.
- Regular Capture the Flag game: Run across and steal enemy's cone/bin/flag. If your flag is pulled before you have the item returned to your line you must return the item. (not throw it)
- Place the bean bag. Run a bean bag from the center and place it into one of the other team's hula hoops. If your flag gets pulled return your bean bag to the center bucket. If you miss in your attempt to place the bean bag, the bean bag remains on the ground until a defender can return it to the center container or run it to another team's hoop.
- Play 3-5min rounds (depending on the group). At the end of each round complete 1 exercise as a team for each bean bag you have in your hoop. Minus one exercise for every Pin/Cone/Flag you have in your possession. Reset and begin again. Make sure if you played strictly defense you are rotating and getting a chance to play one of the three options.

Petey Ball:

- Objective: Score as many runs in 4min round as possible.
- Set up similar to matt ball. Set bases up in a star pattern. Kicking team may line as many runners as they want on a kicking line.
- When a ball is kicked any team members on the line must run. Runners choose how many bases they want to run to.
- You must run in order. 1-2-3-4-5. Runners score as many points corresponding to the number of bases they ran to.
- Outfield may run with the ball to tag runners out. Out runners return to the kicking line and run again. Once an out occurs the ball must be pitched again.
- Play with as many balls as necessary to keep majority of students running the bases.

Swatball:

- Two teams each with an offensive line and defensive line.
- Offensive line advances the ball towards the opposite wall by swatting the ball with an open hand. Defensive line defends the wall.

- Offensive team scores when the ball is swatted against the Defensive team's wall. Players may air dribble the ball.
- Safety tips: Ball must be swatted with an open hand. Ball cannot be kicked. Defense is recommended to stay within three feet of the wall. (my gym I play standing behind the basketball end court line.
- Each gym may vary in dimensions.

Indiana Jones:

- Need two large circles of students, one inside the other. Students face each other.
- These should make a track for one or two students to run in while the rest of the group pushes the Omnikin ball around after the student.
- You can also play this game in reverse. The reverse involves the runners chasing the Omnikin ball while the students in the circles try and keep the Omnikin ball away from the runners.

Move the Mountain:

- Place the large Omnikin ball in the center of the playing quart. (I use the volleyball court in my gym)
- Four teams (one on each side of the volleyball court)
- Throw at the large Omnikin ball trying to get it to roll over another teams court line.



ND SHAPE State Conference 2023

Our conference is scheduled, and we are looking forward to seeing you February 19-20, 2023, in Fargo, ND!

Our keynote will be Andy Milne, and we have many other awesome presenters scheduled! Registration will be open December 1, and [check out our website often to see updates!](#)

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About Us


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The North Dakota Association of Health, Physical Education, Recreation and Dance was established in 1928, with Fred Spalding from Valley City as our first President. While the field of education has had many changes in the past 90+ years, and we changed our name our name change in 2015, our mission has stayed the same—**To encourage and provide professional development and support for HPERD professionals.**

We accomplish our mission through professional development, newsletters, and networking among our members.

We are made up of public and private school teachers, collegiate professors, and health professionals that believe in the importance of active living.

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