



North Dakota Society for Health and Physical Educators

(ND SHAPE)

State Conference

Fargo Davies High School

7150 25th St. S.
Fargo, North Dakota

February 20, 2023



#NDSHAPE2023

#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. 20, 2023

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



#NDSHAPE2023

**2023 ND SHAPE RE-ENGAGE State Conference
Featured Presenter Biographies**

Andrew Milne

Sessions: Keynote 9:00 - Theater

Engaging Tech Tools in Health 11:10 - H10

Methodology to Personalize Learning In the Health Classroom 1:10 - H101

Andy Milne has traveled around the world in his 27 years as an educator, teaching and coaching on four continents. Originally from England, Andy taught physical education in London for 12 years before emigrating to America in 2008. Since that time he has worked in Special Education at Barrington High School, written and taught the health curriculum at Carmel Catholic High School and now teaches Kinetic Wellness and Health at New Trier High School. He has been recognized for his teaching and passion for health by IAHPERD, ASHA, and was named as SHAPE America's National Health Education teacher in 2017. His 2019 TEDx talk "This Is Not Your Parents' Health Class" has been very well received by members of the health education community.

Andy shares his passion for teaching and his engaging teaching ideas via social media and also through the slowchathealth.com blog which provides an opportunity for teachers around the world to amplify their voices and collaborate, sharing their successes. In 2017 he launched the 'Sendateacher initiative' which raises funds to support health and physical education teachers in need. To date the initiative has sent 12 educators to the National convention.

A member of SHAPE America, Andy has served as the health representative for IAHPERD and has sat on special project committees for ASHA, SHAPE America and IAHPERD. He recently served on the National Advisory Board for Answer. He has been recognized for his innovative use of technology in the classroom and uses these tools to give an authentic voice to his students, extend the life of their creations and bridge the gap between the classroom and the community.

Having presented at State, District and National level Andy believes that it is the role of his students to share the message of health literacy with friends, family and the community before ultimately advocating for those less health literate than themselves.

Andy received his BA (hons) in Sports & Recreation at Staffordshire University and his PGCE in Physical Education & English at Exeter University, both in England. He lives in Barrington, Illinois with his wife and two young sons.

Megan McCollom

Gamification 8:00 - H101

Tips for Success for All Students 10:15 - H101

What the Tech? 2:10 - H101

Megan is in her 10th year of teaching; she taught Adapted PE and general PE in the Robbinsdale Area Schools for 9 years, four of those years were also spent teaching Special Education. Megan spent one year as a technology training specialist at De Anza College in Cupertino, California. Megan received her Bachelor's Degrees from St. Cloud State University and her Master's Degree in Educational Technology from Minnesota State University, Mankato. Megan is currently the SHAPE America Central District Director, the MNSHAPE Webmaster and Executive Director, and a member of the SHAPE America Emerging Leaders Innovation Team (ELIT).

Lisa Smith

Inclusive PE for EveryBODY 8:00 - Gym 2B

Memorable & Relevant Health Education for Today's Students 11:10 - H201

Overcoming Adversity & Fostering Leadership in the HPE Classroom. 2:10 - B112

Lisa Smith is a Health, Physical Education and DAPE Teacher at Lakeville South High School, in Lakeville Minnesota. Lisa B/ is the 2022 MNSHAPE Secondary PE Teacher of the Year, President-Elect for SHAPE America Central District, serves on the Unified Physical Education Coalition for Special Olympics Minnesota and sits on other boards and committees for the organizations she is passionate about. Lisa received her bachelor's degrees from Winona State University and did her Master's work at the University of Northern Iowa. Lisa's professional values place focus on inclusive strategies in HPE and elevating understanding of the needs of all our students. When she isn't teaching, coaching softball or attending/presenting at conferences, her passions include DIY projects, spending quality time with friends and family, and traveling around the world looking for the best places to put her toes in the sand.

Derek Picha

Elementary PE Favorites 8:00 - Gym 2A

Malloons, Noodles, and Teamwork... Oh My! 10:15 Gym 2A

Derek was the 2022 MNSHAPE Elementary Physical Education Teacher of the Year. He has been in the health and physical education profession for ten years, primarily teaching at the elementary level. He currently teaches physical education at Sumner Elementary School in Austin, MN. In addition to teaching, Derek has been involved with the AZHPE and MNSHAPE boards of directors since 2015 and is the current President of MNSHAPE.

Bryan Wickoren

Physical Education for All: Engaging! Inclusive! Kindness! 10:15 Gym 2B

Enhancing Your Adapted Physical Education Program Through Medicaid and Community Partnerships 11:10 Gym 2B

Bryan Wickoren is in his 34th year in the education profession. He is the recipient of the 2019 SHAPE America Central District Adapted Physical Education Teacher of the Year. The 2017 & 2009 Colorado Adapted Physical Educator of the Year. An Adapted Physical Educator (29 years) and Physical Educator (4 years) in a variety of grade levels, disabling conditions, and settings. His teaching experiences: Jefferson County Public Schools, CO, Palmdale School District, CA, and Fargo Public Schools, ND. His educational trainings are comprised of a Masters of Education in Special Education from Grand Canyon University - Phoenix, AZ, an Adapted Physical Education Specialist Credential - California State University - Northridge, Northridge, CA, and a BS in Physical Education and Business Education - Moorhead State University, MN. Bryan is a Nationally Certified Adapted Physical Educator. Bryan co-chaired the Colorado Department of Education Committee that developed the NEW Adapted Physical Education Guidelines for Colorado Public Schools. A member of SHAPE CO Board; 2007 - present. A member of the Colorado Department of Education - Adapted Physical Education Advisory Council. September 2019 inducted into the Fargo South High School Hall of Fame; Fargo Public Schools, Fargo, ND. Bryan and his wife, Cheryl, reside in Highlands Ranch, CO with their three daughters. Bryan enjoys watching his daughters participate in sports/school activities, playing hockey, golfing, and family vacations.

All other presenter biographies can be found below their session abstract listed below.

Conference Programming

6:45-7:55 am Registration

Registration and Check-in

Fargo Davies HS - Commons

7:00-7:45 am Extra Fun Early Bird Session I

Trying something new this year for all the early risers in our profession. Check in at registration and enjoy a session of your choice from ND SHAPE President or President Elect.

Blaze Pod and PaddleZlam! Heart Rate Enhancing Activity and Data to Prove It!

Gym 1A

Come participate in Blaze Pod and PaddleZlam! Two activities for your students that will raise heart rates and self-confidence in your students, plus getting your heart pumping is great for your brain and increases higher cognitive function. The IHT data collected connects parents daily through reports and links PE to SEL and academics, K-12. Come learn how to empower students to reach and understand their target heart rate zone and see how easy technology can be added to your PE program. The data will prove it and you'll have the resources to present to administration and parents. PaddleZlam games will be drawn and given away at the end of the session.

Presenter: Tyler Hetland, is the current ND SHAPE President elect. He earned his Undergraduate degree in physical and health education from NDSU. Masters in Leadership in Physical Education and Sport from NDSU. Currently obtaining MN DAPE credentials. 8 years teaching experience in Fargo Public Schools, currently teaches at Bennett Elementary and Explorer Academy (Level D).

SEL Focused Movement.

Gym 2A

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 is the current ND SHAPE president. She has taught middle school students for 11 years and is currently teaching 6th grade Digital Literacy and Physical Education at Simle Middle School in Bismarck ND. She is passionate about creating healthy life long learners and movers!

8:00-8:50 am

Breakout Session II

Able to Move

Gym 1A

Come join TNT Kid's Fitness for an ABLE in School Physical Education workout that aligns and meets the National SHAPE standards, including social and emotional learning. TNT has created an ABLE in Action ecosystem supporting the vocational readiness of students through a tiered movement-based curriculum starting in kindergarten. Each learning plan's goal will support a broad range of student ability, class size, school district, rural or urban. Following the movement-based presentation, a discussion will be led on how learning plans utilize functional fitness movements that support daily living, recreation, and vocational skills.

Nate Hendrickson and Leslie Frie Nate has spent the last 15 years at TNT Kid's Fitness providing movement based programming for a broad spectrum of ages and abilities (Infancy-Elderly and all levels physical, cognitive, social, and sensory ability). He has lead movement experiences in individual, small group, and large group

settings. He is currently contracted by Fargo Public Schools as a movement specialist at the Explorer Academy (Level D). Through experience with higher education, public schools, and community organizations he seeks to create advocacy for the profession of physical education and the students who are served. Through the ABLE PE Curriculum we strive to prepare students for daily living, recreation, and vocation, creating more contributors to our community through movement based education.

Elementary PE Favorites

Gym 2A

Come learn and participate in a variety of simple physical education activities to maximize engagement and movement opportunities within your program.

Presenter: Derek Picha Bio listed in featured presenters

Inclusive PE for EveryBODY

Gym 2B

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.

Presenter: Lisa Smith Bio listed in featured presenters

Gamification

Classroom H101

Gamification is a simple way to motivate your learners, engage your learners, and help your learners better retain information by implementing gaming terms and techniques. In this session, you will learn how simple changes can make a big impact on your learners. You do not need to be familiar with video games in order to make gamification work for you.

Presenter: Megan McCollom -Bio listed in featured presenters

Health Is Wealth

Classroom H201

This session will introduce and briefly describe a variety of foundational health education tools and resources from SHAPE America, CDC, and SOPHE. Participants will leave with access to a Google Doc that includes all of the items addressed in this session. Anyone is welcome; however, K12 health educators as well as preservice health educators would greatly benefit from this session. Be ready to share some of your favorite and effective resources!!! Join us! Let's work together to continue to provide quality experiences for our health students.

Presenter: Dr. Kristen Ford and Dr. Julie Knutson - Concordia College and MSUM

Building School Wide Community and Wellness

Classroom B112

In this session learn how to make physical activity, health, and wellness a priority in your school through school-wide educational wellness challenges, partnering with local agencies, and connecting students, staff, and families with community resources. Learn strategies for advocating for PE and Health by integrating educational materials on mental health, SEL, nutrition, physical activity, and sleep through monthly challenges

Présenter: Louis De Monfort Founder PhysednHealth - PE Fitness Assessment tools that help students learn and stay physically active Founder défi - Helping Improve the Quality of your Business by Focusing on your People's Quality of Life through wellness challenges, education and social connections. PhysednHealth K-12 Physical Education Assessment Software - <https://physednhealth.com/défi> well-being - <https://defiwell.net/>

8:55 - 9:00am Conference Welcome

Conference Welcome

Davies Theater

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

9:00-9:50 am Keynote Speaker

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.

9:50-10:10 am Exhibitors Session

Davies Commons

10:15-11:00 am Session III

Teaching Success Sequence

GYM 1A

Scott Phelps provides an interactive workshop on how to engage youth with a clear and compelling message on the benefits of following what researchers call “The Success Sequence.” Scott Phelps is the author of the Success Sequence series of programs which help teens to excel academically and prepare well for a healthy future marriage and family.

Presenter: Scott Phelps serves as President of the Abstinence & Marriage Education Resources near Chicago, IL, and is cofounder of the National Abstinence Education Association (now Ascend) in Washington D.C. Mr. Phelps is the author of five of popular character---based abstinence education programs for youth, which are widely used around the country: Game Plan, Quest, Aspire, Navigator, and Excel. Mr. Phelps conducts training seminars nationally to help parents and teachers effectively communicate the benefits of abstinence and marriage to youth. His career is dedicated to helping today's teens to resist negative pressures and make good decisions for their lives by following the Success Sequence. Scott holds a bachelor's degree from San Francisco State University and a master's degree from Trinity International University in Deerfield, IL. Mr. Phelps’s training seminars have equipped over 4,000 teachers around the country, and A&M programs have reached approximately 2,000,000 teens across all 50 states.

Balloons, Noodles and Teamwork... Oh My!

GYM 2A

Join me in this physical education activity session to learn some fun, engaging collaborative activities using pool noodles and balloons that you can take back to your school and implement with your students.

Presenter: Derek Picha - Bio in Featured Speakers

Physical Education for All: Engine! Inclusive! Kindness!

GYM 2B

Big Ideas... Participate in best practice activities to support a standards based Physical Education program. Appropriate accommodations, adaptations, and modifications to ensure ALL students can successfully access the physical education curriculum. Focus on their ability, not their disability. Possible Gopher Sponsored for equipment and to be raffled off after session.

Presenter: Bryan Wickoren -Bio in featured speakers

Tips for Success for ALL Students

Classroom H101

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 of your students regardless of their ability levels. One of the technology integration techniques explained in this session will be Video Modeling.

Presenter: Megan McCollom - Bio in featured speakers.

Capitalizing on Opportunities to Promote PE and CSPAPs

Classroom H201

COVID has exacerbated the need for ALL children to have opportunities to engage in motor skill development and physical activity. Presenters will share multiple ways to maximize current opportunities in our schools to encourage children to partake in at least 60 minutes of physical activity each day! Advocating for PE and physical activity using terminology associated with whole-child approaches, MTTSS, and SEL will be emphasized.

Presenters: Dr. Jenny Linker and Dr. Kristen Ford

Dr. Linker is an associate professor in the Department of Health, Nutrition, and Exercise Sciences specializing in physical education teacher education at North Dakota State University. She is the current Program Coordinator for NDSU's Health and Physical Education programs and online graduate Leadership in Physical Education and Sport Master's program.

Her expertise includes physical education curriculum development and instructional methods, Comprehensive School Physical Activity Program (CSPAP) implementation, the Sport Education and Adventure Education instructional models, and integration of Social Emotional Learning (SEL) and trauma-informed practices within physical education curriculum and practice.

During her tenure at NDSU she founded the NDSU Let's Move in Homeschool service-learning program (Director since 2012) and is a Co-Developer of and Trainer for SchoolsAlive! (initiative to promote and implement CSPAPs). Dr. Linker has also served as a Content Expert for the North Dakota Department of Public Instruction's 2015 North Dakota PE Content Standards Committee and was a Co-Developer of the consequent state-wide physical education standards training program, Game On!

Dr. Linker has received several teaching awards including the 2013 NDSU Faculty Service Learning Award, the 2015 NDSHAPE North Dakota College/University Physical Education Teacher of the Year Award, 2016 ND SHAPE Exemplary Program of the Year, 2016 NDSU Mortar Board's Preferred Professor Award, and 2020 NDSU Peltier Award for Teaching Innovation.

Dr. Linker taught middle school physical education for four years in Massachusetts. Her education includes a B.S. in Communication Disorders and Psychology, B.S. in Physical Education, M.S. in Physical Education and PhD in Kinesiology with a concentration in physical education teacher education.

Engagement Strategies in Secondary Health Education

Classroom B112

With so little student facetime in our content area, engaging students in the content and skills is key to maximizing our time with them. In their classrooms, Chelsea and Leah have established a mindset that

“everyone does everything.” Yep, that’s right. Everyone. Does. Everything. There is no hand-raising. There are no opt outs. The classroom is a “no chill” zone. Everyone. Does. Everything. In this session, Leah and Chelsea will introduce you to a variety of engagement strategies and activities that have increased learning in their high school health classrooms. Participants will leave with at least 6-10 tools that can be utilized in their classrooms immediately. Attendees will take home written materials for all strategies and activities included during the session.

Presenter: Leah Swedberg and Chelsea Hendricks

Leah Swedberg received her B.S. at Minnesota State University Moorhead, and her M.Ed at North Dakota State University specializing in Curriculum and Instruction. She has taught health, physical education and an elective triathlon class at West Fargo High School for 10 years. Before that, she taught middle school health in Owatonna, MN. In addition to her work at WFHS, Leah has also taught online health and physical education courses for the North Dakota Center for Distance Education. She has compiled, created and published a book titled “5-Minute Classroom Physical Activities” and was the 2019 North Dakota and Central District Health teacher of the year.

Presenter: Chelsea Hendricks attended Minnesota State University Moorhead where she received her B.S. in Health and PE as well as her M.Ed in Educational Leadership. She has taught health, physical education and dance at West Fargo High School for 15 years. Each semester, Chelsea facilitates as students choreograph, create and memorize dance routines that are performed at the well-attended, semi-annual Dance Showcase at WFHS. This Dance Showcase has become a staple in creating a healthy culture at WFHS. She has been the HPE department chair for her team at WFHS for 3 years and is an adjunct dance teacher at MSUM.

11:10-12:00 Session IV

Marriage Rocks

GYM 1A

According to University of Michigan researchers, 90% of high school seniors say that getting married and having a family is quite or extremely important to them. Scott Phelps, provides an interactive workshop on effective ways to help teens prepare for future marriage and family through quality character-based abstinence education programs. Scott is President of Abstinence & Marriage Education Resources in Chicago, a leading provider of character-based abstinence education programs.

Presenter: Scott Phelps -Bio listed in previous 10:15am session.

Teaching Sport Concepts and Skills (TGFU) A Tactical Games Approach

GYM 2A

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, and 5 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 - Honor Award Recipient Chris is an Assistant Professor, Chair of the Department of Kinesiology at the University of Jamestown. He is in his 26th year at the university, where he teaches in their H.P.E.T.E. program for health & physical education teachers. He was named the 2017 & 2011 ND SHAPE College/University Teacher of the Year. Chris and the University of Jamestown also play host to the annual ND SHAPE Future Professionals Workshop each spring for current teacher candidates in ND to gather, collaborate, and learn through this professional development workshop.

Enhance Your Adapted Physical Education Program Through Medicaid and Community **GYM 2B**

Share various relationships that help provide opportunities for our students with disabilities. Give specific examples of various partnerships to help meet student needs. Identify self-reflection ideas to lift what you are currently doing.

Bryan Wickoren - Bio listed in 10:15am session.

Engaging Tech Tools in the Health Classroom **Classroom H101**

Join Andy Milne, SHAPE America's 2017 Health Teacher of the Year, as 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.

Andrew Miline - Bio in featured speakers

Memorable and Relevant Health Education for Today's Students **Classroom H201**

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 health education students.

Lisa Smith - Bio listed in featured speakers

Increasing Enthusiasm through Sports Education in Physical Education **Classroom B112**

Want to spice up a unit and emphasize the importance of teamwork and enthusiasm? This presentation is a "how to" implement the sports education model into your class. The sports education model focuses on developing sports skills as well as teamwork, sportspersonship, and social and emotional skill building. This presentation will provide examples of how Alaina implemented certain parts of the sport education model into her teaching to make a creative, fun and engaging unit!

Presenter: Alaina Reller is a physical education teacher at Liberty Middle School in West Fargo. She graduated from NDSU last year with a degree in physical and health education. Alaina has presented at local and national SHAPE conventions.

12:00 - 1:00 pm Lunch

Awards Recognition

1:10 - 2:00 pm Session V

Outdoor Adventures for ALL **GYM 1A**

Outdoor Adventures is a fun and exciting physical education curriculum for ALL students. The Outdoor Adventures curriculum is not your traditional PE course. Instead of teaching PE with basketballs and tennis rackets, we use rods and reels, and bows and arrows. The Outdoor Adventures course is designed to change young people's lives forever by exposing them to the many great opportunities of the outdoors. Learn how your students can enjoy Outdoor Adventures. All new schools will get \$1000.00 in Matching Equipment Funds!

Presenters: Amy Heuer & Tari Garner

Tari Garner taught physical education and APE for 40 years and has experience with elementary through university age students. She taught high school for 19 years and was a head coach for two sports for 20+ years. Tari is national board-certified and your 2013 CD Teacher of the Year. She taught as an adapted specialist with the State School for Severely Disabled the past two years and introduced Outdoor Adventure to

students at the State School. She believes strongly in the benefits of Outdoor Adventure programming and has been fortunate to teach OA throughout her career. Tari is currently an Outdoor Adventure Coordinator for the Outdoors Tomorrow Foundation. She is a past MOSHAPE and Central District SHAPE America President and has been involved in a variety of leadership positions during her career. She promotes physical education and health for all students and works to encourage an inclusive environment in all that she does. Tari is an advocate for teachers across the Nation.

Amy Heuer has been teaching Health and PE for 23 years in Bismarck, ND. Her favorite activities to teach are non-traditional, individual or small group activities in PE, which is how she found the Outdoors Tomorrow Foundation. After receiving this curriculum grant for her school, she has taught camping, rock climbing, and will be teaching paddle sports in the spring. Other units she has previously taught include NASP archery, CPR, and Orienteering. Amy is a past ND SHAPE Elementary PE TOY, President and Honor Award recipient, past Central District SHAPE America President and Honor Awardee, and a SHAPE America Board member. She is currently in her 14 year as Co-ED of ND SHAPE. Amy enjoys coaching middle school volleyball, hiking, biking, and traveling during her summers.

Fun Fitness for All

GYM 2A

Participants will gain ideas on how to incorporate fitness activities in a High School Setting AND making it fun! We will focus on more choice and student led participation. Some activities were created by my students! Participants will leave with activities that can be used as a warm-up, workout or cool down.

Presenter: Whitney Spah currently teaches High School Physical Education at Bismarck High School. She teaches Physical Education 11, Aquatics, Lifetime Wellness and Fit Female. This is her 16th year teaching at the High School level and has two years experience at the Elementary level. She enjoys coaching volleyball, softball and hockey. Her passion is sharing fitness and wellness knowledge with her students.

Incorporating Health.Moves.Minds

GYM 2B

Participate in SEL focused lessons that keep your students engaged and active! Learn how NDSU students utilized this program and hosted Health.Moves.Minds events at local schools to support needs at their elementary schools. Leave this session with multiple ready to use activities and an entire SEL curriculum that supports activities you are already teaching.

NDSU Pre-Professional Teacher Candidates

Engaging Methodology to Personalize Learning in the Health Classroom

Classroom H101

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.

Andrew Milne - Bio listed in featured speakers.

Assessment in the Weight Room, Conventional or Make It Your Own.

Classroom H201

Assessment in the weight room, conventional or make it your own? Have seen many different strategies used over the years. We all use some form of a points system for daily points. What we assess daily, how we assess it, students understand it- it's been amazing how since we have started this and the "watch" sets how its changed our daily work aptitude has been impressive. If you are assessing it, it probably has more meaning.

Presenter: Bill Nelson is in his 11th year at JPS, 1st year full time at just the HS (10 prior years he was the split between JHS/JMS). Entering his 17th year of secondary education, he spent 5 years at a collegiate strength & conditioning coach before changing his career path. Along with his duties as a teacher, he is the Head FB Coach & Head Athletic Development Coach at JPS. In 24 years (college, Elem, MS, & HS), he has experienced a lot of really cool things, met amazing people along & has continued learning every single day. Bill has been married to his lovely wife Steph (24+ years), they have 2 sons (Will-18, Bo -16).

Teaching Students with Autism in Physical and Health Education

Classroom B112

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 earned her undergraduate degree at Southwest Missouri State University, and her PhD at Michigan State University. In graduate school her education and research was in adapted physical activity, with a focus on individuals with autism and adapted sport.

2:10 - 3:00 Session VI

Net Generation Tennis Presentation

GYM1A

The goal of this Teacher Workshop is to simulate lesson plans from the Net Generation physical education tennis curricula to help teachers learn how to organize both traditional and nontraditional spaces to deliver a tennis unit that is active, safe and fun for their students.

Lesson plans are designed to teach students skills and activities first, setting up the ability to play the game of tennis.

Christin Shumann Christin Schumann Manager of Coach Development for USTA Northern, USPTA Elite Tennis Professional, Global Cardio Tennis Trainer, Executive Director of USPTA Northern Division, Tennis Professional Life Time Fitness, St. Louis Park, Tennis Professional Minikahda Club, Graduated from Ferris State Professional Tennis Management program, Mom to Kendall, Dillon and Ollie (the dog)

Another Purpose to Sport -Teaching SEL through your sport Ed Curriculum.

GYM2A

Presenters: Heather Burd and Dr. Joe Deutsch

Heather Burd: MN SHAPE Elementary Teacher of the Year 2021, has her bachelor's degree in Physical Education, Health Education and Coaching from Concordia College in Moorhead MN. She also has her Master's of Sport, (Sport Pedagogy)from North Dakota State University. She has 6 years experience teaching in higher education before coming back to her hometown to teach now for 8 years, in the Win-E-Mac school district. Her research and curriculum of physical education studies revolve around the purpose of sport in youth education. At Win-E-Mac, Heather has advised numerous groups, coaches basketball and is involved in many professional programs for the school. She also teaches College in the high school for the district. Heather lives in McIntosh MN with her husband, Luke Burd, and their two sons, Lynn (11) and Forrest (8). She is an active member of the Win-E-Mac community, a firefighter, a first responder of the Mentor Volunteer Fire and Rescue, and grant writer for programs in our community. She also has had, with the wonderful experience , implemented a program for physical education that aims to work on social and emotional development of her students and promote good citizenship through good decisions.

Dr. Joe Deutsch: Dr. Deutsch is a Full Professor of Physical Education Teacher Education and Coaching at North Dakota State University. He is the current Past-President of ND SHAPE and also served as President in

2014-2015. Over the years Dr. Deutsch has served as President of the Central District SHAPE, as the Governor of Americas of the International Alliance of Health, Physical Education, Dance, and Sport, and currently serves on the SHAPE America Board of Directors. He has published 50 journal articles and over 100 state, regional, national, and international presentations, including the topics of Emotional Intelligence, ADHD, and SEL. Dr. Deutsch was Heather's cooperating teacher when she student taught and began developing this curriculum. As she completed her Masters degree work, he worked with her to put this curriculum compiled in her head, down in written form. The article explaining the concept and implementation of the curriculum is currently accepted for publication in JOPERD.

Action Team Games

GYM2B

Gopher's Action! Team Games - These games and activities are designed to get students moving and enhance teamwork skills. I will also be covering some classroom management techniques.

Presenter: Owen Carlson played college baseball at Century Community College and my team qualified for the JUCO world series in 2015 and 2016. After getting injured I moved out to Wyoming and graduated from the University of Wyoming with a bachelor's in communication. I recently bought a house, enjoy golfing and have a cat named George.

What the Tech?

Classroom H101

Participants will be learning a variety of tech platforms to enhance your students' education and efficiency in learning.

Presenter: Megan McCollom - bio listed in featured speakers.

Standards Based Grading Made Easy

Classroom H201

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.

Dr. Jenny Linker - Bio listed in previous session 10:15am.

Effective Tools for Teaching the Dangers of Drug Usage

Classroom B112

The presentation will cover the societal and health consequences of usage, why people take drugs, and how drugs affect the mind and body.

The Drug Free World program, which will be highlighted, provides factual information about the potential consequences of drug use as well as how the program can be utilized to instruct students about drugs and useful avoidance techniques. The program utilizes booklets packed with the true facts of drugs, as well as hard-hitting videos of those who have recovered from substance abuse.

Presenter: Sean Burke is a volunteer with Drug Free World which is a nonprofit organization that provides free drug education materials to teachers, law enforcement, parents, etc.