



Together We Thrive!

North Dakota Society for Health and Physical Educators

State Conference

**September 25th, 2023
 Simle Middle School
 1218 Simle Drive
 Bismarck, ND**

(Conference at a Glance)

Monday, September 25th, 2023

7:00-8:00 am	Early Risers Session I	West Gym
7:00-8:00 am	Registration	Commons
8:00-8:50 am	Breakout Session II	Gyms/Classrooms
9:00-9:50 am	Opening Session, Coffee Talks	West/Middle Gym
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 Together We Thrive! State Conference

Featured Presenter Biographies

Kate Cox

Sessions: 8:00-8:50 West Gym

Ex-SEL-lant Adventures in Phys Ed.

11:10-12:00 West Gym

Tag-Tastic: Playful Activities to Teach Knowledge, Cooperation and Fun

Kate Cox is a Nationally Board Certified Physical Educator who is passionate about physical literacy and high-quality professional development. Kate is the 2017 CAHPERD Middle School Teacher of the Year (TOY) & the 2018 SHAPE America Southwest District Middle School TOY. Along with being an OPEN National Trainer, Kate is an Instructional Coach for the Health and Physical Education Collaborative (H-PEC) and has worked with the California Subject Matter Projects for Health and Physical Education. Kate's been teaching 4th-8th grade Physical Education at Corte Madera School in Portola Valley for 21 years, & has presented at many state, national, and international conferences.

Jay Reading

Sessions: Pre-Conference Sunday 1-4PM

Hillside Disc Golf Course Clinic

1:10-2:00: EDGE Disc Golf for a Lifetime

Jay Reading is a five-time World Putting Champion and a three-time Pro World Mixed Doubles Champion. With over 100 professional wins, Jay added to this list at last year's Dynamic Disc Open in the Pro Masters 50+ division. In 2002 he established a non-profit called The Edge (Educational Disc Golf Experience) program, which provides schools and youth programs with curriculum and equipment to get disc golf in schools.

Conference Programming

6:45-7:55 am Registration

Registration and Check-in (Enter 19th St. Doors)

Simle Commons

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

For all the early risers in our profession. Check in at registration and head out to the track to learn about Outride, Riding for Focus Cycling Program.

Let's OUTRIDE!

Learn about the Riding For Focus Grant through Specialized. Enjoy a morning ride and a few biking safety tips! First 34 participants will be able to ride.

Leah Wheeling - Leah is a 6th grade Physical Educator and Digital Literacy Educator at Simle Middle School. This is her 12 year of teaching. She is passionate about empowering students to live healthy lifestyles. Leah runs a before school groups Training and Games (TAG), Advises Board Game Club, Is adjunct faculty for the University of Mary, and coaches Simle Track. Leah also loves to host professional development and is the current ND SHAPE president. Most importantly Leah enjoys her role as mom of two wonderful children Michael (5yrs) and Sarah (2.5yrs).

8:00-8:50 am Breakout Session II Featuring KATE COX

Ex-SEL-lant Adventures in Phys Ed

West Gym

In this evolving, automated, technology-driven world, the skills taught in Physical Education are more important than ever. No computer will be able to teach critical interpersonal skills needed to be successful in life. This active adventure-based, cooperative session promises to be a fun and engaging experience that will help facilitate growth in social and emotional skills. See and feel how SEL can be incorporated in typical cooperative and high energy activities alike.

8:55 - 9:00am Conference Welcome NETWORKING Session

Conference Welcome

West Gym

Greetings from ND SHAPE President: Leah Wheeling and VP General Tyler Hetland and ND SHAPE Board!

9:00-9:50 am Together We Thrive! Networking Session

Together We Thrive!

Simle West/Middle Gym

Please plan to spend this 50min in the west gym meeting colleagues and learning new activities, lessons and resources. [Diagram of the gym and questions linked here.](#) Please approach this session willing and open to share, free from judgment. The work we do as educators is very personal and it can be exhausting at times. It is so much easier, exciting and fun when you have a network of friends to support and enjoy your efforts! Please take time to energize one another with ideas and share your passion!

9:50-10:10 am Exhibitors Session

Simple Commons

10:15-11:00 am Session III

Gopher Warm-Up & Ice Breaker Activities 101

West Gym

Join us for an action-packed workshop featuring team games that are class oriented, teacher friendly, and align with national physical education standards. These high-energy games are sure to get students moving while also keeping them engaged. We won't just be playing games though; you'll also learn classroom management and skill development strategies that you can take home and implement in your program. Get ready to sweat, learn and have fun!

Presenter: Owen Carlson I 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 have been with Gopher Sport for around a year and a half now.

Outdoor Adventures for ALL

East Gym

Our mission is to get more students outdoors and to improve the health and well-being of all participants. Teaching outdoor adventure activities can be a life-changing experience for your students and is appropriate for any grade level. Delve into the mental health research around outdoors adventures and discover the many benefits for your students, teachers, school, and community. Explore how Outdoors Tomorrow Foundation can help you start your adventure, and plan to participate in some of your own ADVENTURE activities during the session! We will share resources and information on Outdoor Adventure teaching best practices, sample lessons, and how to initiate or expand your own Outdoor Adventure Program.

Presenters: Amy Heuer - has dedicated 23 years of her life as an HPE (Health and Physical Education) teacher and is now enjoying retirement. During her time teaching Health and Physical Education, she has inspired countless students to explore lifetime, outdoor activities. These activities included climbing, archery, hiking, biking, and kayaking, to name just a few.

Alongside her teaching career, Amy has also been involved in numerous volunteer and leadership roles - she is a member of the Bismarck Tobacco Free Coalition, has served as Co-Executive Director for ND SHAPE (North Dakota Society of Health and Physical Educators) for 13 years, served as a board member as well as President of Central District SHAPE, and served a term on the Board of Directors for SHAPE America.

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

Weight Room (Downstairs)

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 12th year at JPS, 1st year full time at just the HS (10 prior years he was the split between JHS/JMS). Entering his 18th 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 25 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 (25+ years), they have 2 sons (Will-19, Bo -17).

Harnessing the Power of Nutrition

Library

It all starts in the gut! Learn about your gut health and the power of food in the body. Watch a live, engaging food experiment about why that hamburger tastes so good, but your body says "YUCK!" Your body is talking, are you listening? What's the missing piece of the puzzle?

Presenters: **Hannah Woll**, **Anne Houser** is an Art of Ed Master's graduate with seven plus years in art education and three plus years as a wellness coach. Houser currently teaches 7th grade Art at Erik Ramstad Middle School in Minot, ND. She is also a Wellness Coach through Market America with a passion for overall health and well-being. As an entrepreneur, Houser continues to expand her creative talents as a self-published author and freelance artist.

Living a Life Beyond Limits: Creating Opportunities for Individuals with Special Considerations **Rm 101**

The opportunity to experience the success and challenges of living a healthy lifestyle should not be optional, but rather a right that all individuals should be provided regardless of limitation. At a time when rates of obesity and mental health are at an all-time high, now more than ever we need to make activity and wellness accessible to ALL students. But how? How do we set up students for success? How do we effectively communicate and structure activity? How do we modify and grade activity for students with differing ability levels? These questions can be daunting and limit us from taking the steps necessary to ensure our students are developing healthy habits. The purpose of this presentation is to dive into these very questions with the goal of providing actionable tools to confidently engage with students and become advocates for inclusion.

Presenter: Mike Wagner- is a native of Killdeer, ND. He received a bachelor's degree in exercise science and a master's degree in occupational therapy from the University of Mary in Bismarck, ND. Mike spent the first six years of his career in Idaho working in the outpatient pediatric setting. While in Idaho, Mike saw the need for a "next step" for many of his patients, which led him to pursue a Special Populations Specialist certification with the National Strength and Conditioning Association. Mike's passion to bridge the gap between traditional therapies and adaptive training led him back to Bismarck where he has been excited to develop a new program within Sanford Health, called Sanford Strong. Sanford Strong customizes exercise and activity programs for individuals with special considerations; creating new and exciting opportunities for healthy living and goal advancement.

11:10-12:00 Session IV

Tag-Tastic: Playful Activities to Teach Knowledge, Cooperation and Fun!

West Gym

Tag is one of the world's most popular games, and it's been played for centuries by people of all ages. K-12 educators will experience inclusive and heart-pounding variations that level up the fun factor, address a number of learning outcomes, and require strategy to be successful. You'll walk away with ideas you can implement when you get back to school. *All games have been field tested and approved by my 4th-8th grade students.

Kate Cox - Bio Listed in Featured Presenter

Implementing Health.Moves.Minds Activities

East Gym

Come play a variety of simple SEL challenges through multiple stations! Additionally experience the Health.Moves.Minds curriculum lessons in action. Discuss and learn various ideas to implement the optional fundraiser that gives back up to 50% to your school, all while enhancing your quality physical education program!

Presenter: 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.

Presenter: Leah Wheeling - Leah is a 6th grade Physical Educator and Digital Literacy Educator at Simle Middle School. This is her 12 year of teaching. She is passionate about empowering students to live healthy lifestyles. Leah runs a before school groups Training and Games (TAG), Advises Board Game Club, Is adjunct faculty for the University of Mary, and coaches Simle Track. Leah also loves to host professional development and is the current ND SHAPE president. Most importantly Leah enjoys her role as mom of two wonderful children Michael (5yrs) and Sarah (2.5yrs).

SEL Based Cops vs. Kids School-wide Program

Classroom 221

Cops versus Kids is a decision making, goal setting, and social skills program for students, Grades K-12th grade. It reinforces that your choices affect everyone around you, whether in school, at home, and/or the community you live in. Your choices represent you. Come see how you can start a leadership program in your school, and it all starts with your PE classroom! Come learn how one small school teaches students that they are role models every minute of everyday, they all have leadership qualities that affect everyone around them. Come learn about the amazing success story of "Cops versus Kids" and what it has done for the confidence and community support of students of this small town.

Presenter Heather Burd: Heather Burd, the 2021 Minnesota Elementary Physical Education Teacher of the Year, is in her eighth year of teaching in the Win-E-Mac school district in her hometown of Erskine, MN. She serves on the MNSHAPE Board. Heather teaches physical and health education for grades K-12 and is an adjunct instructor for the College in High School program through Minnesota State..

Systems Mental Health For Activities

Library

In this session we will explain our systems work we have been doing: Sense of Belonging-Athlete Club for all high school student-athletes lead by coaches Tier 1-Coach Mentoring Program-All new coaches in BPS. Tier 2-Group Skill building based on need-Identified by coaches and student support services. Tier 3-Referral process for Mental Health Supports Clinical/Sports Psychology, Tier 3-Crisis Response Plan & Protocols

Presenter: Riley Riehl - Grew up in Bismarck, ND. Went to Century High School & graduated in 2013, then Attended the University of Mary where I graduated with a degree in Special Education & Business Education,

while playing 4 years of Division II College Football. I completed my MA in Special Education Administration and Educational Leadership in 2020. Special Education Teacher going on 7 years, Tier-3 Teacher for at-risk youth males-5 years, Assistant Varsity Football & Track & Field Coach going on 10 years, Strength and Conditioning Coach going on 10 years, Middle School Basketball Coach 5 years

All In This Together Unified PE

Rm 101

Unified Physical Education provides a unique opportunity for students with and without disabilities to come together through ongoing educational and physical activities, using the power of Special Olympics. The Unified Physical Education course is structured around national physical education standards and grade-level outcomes. Additionally, the class supports the development of leadership skills for all students as well as the empowerment of ALL students to foster an inclusive class and school-wide environment. Students in Unified Physical Education courses may have the opportunity to participate in competitions with other schools or to attend Special Olympics events.

Presenter: Anna Roaldson - currently serves as the Director of Unified Champion Schools at Special Olympics North Dakota. Prior to holding this position, Anna led the UND Special Olympics Club to being recognized as an ESPN Top 5 National Unified Champion Banner School. She earned a Bachelor of Science in Health Studies and Public Affairs, along with a Master of Public Administration from the University of North Dakota. Anna enjoys spending time outdoors and being with family and friends.

Presenter: Carolyn Olson - currently serves as the Director of Sports for Special Olympics North Dakota. Carolyn has 36 years of public school teaching and coaching experience. The past four years she has been at Davies High School in Fargo, ND as a physical education teacher and head volleyball coach. Carolyn was at Grand Forks Red River High School for 25 years prior. She served on the North Dakota High School Coaches Association's Executive Board from 2006-2011 and was the Board President during the 2008-2009 school year.

Carolyn is a decorated volleyball coach. She was inducted into the Valley City State University Coaches Hall of Fame, the National High School Athletic Coaches Association Hall of Fame and the North Dakota High School Coaches Association Hall of Fame. She was the National High School Athletic Coaches Association Volleyball Coach of the Year in 2015 and has been the NDHSCA Class A Coach of the Year nine times.

Carolyn earned a Bachelor of Science in Education from Valley City State University and a Master of Arts in Curriculum and Instruction from the University of St. Thomas. Carolyn enjoys spending time with her husband Lionel and her children Levi and McKenzie.

12:00 - 1:00 pm Lunch

Continued Networking and Awards Recognition

1:10 - 2:00 pm Session V

EDGE Disc Golf for a Lifetime

West Gym

The Educational Disc Golf Experience is pleased to offer the 2023 ND Fall SHAPE Conference the opportunity to have PDGA World Champion professional athlete and curriculum developing educator, Jay Reading available to present the dynamic lifetime activity of disc golf.

There are now over 10,000 free to play courses throughout the United States making disc golf very accessible to all ages and socio-economic backgrounds. North Dakota has 80 disc golf opportunities throughout the state with almost all of them free to play public courses.

Health organizations have stated that a healthy lifestyle consists of taking 10,000 steps each day. An average round of disc golf can involve anywhere from 6,064 steps or around 3 miles and has a person well on their way to a healthy lifestyle.

With a well balanced curriculum and inexpensive equipment, the Educational Disc Golf Experience is helping lead the charge in the battle against juvenile obesity while teaching our youth an activity they can enjoy with their families and friends now and for a lifetime.

Join Jay Reading and EDGE as we present a fun, hands-on activity based introduction to disc golf. Attendees will learn the basics of disc golf and how easy it is to bring this dynamic activity to your campus and wellness program.

Presenter: Jay Reading - Bio listed in Featured presenters.

Different Ways from a Different Teacher

East Gym

Differentiated Instruction is essential for the success of a physical education (PE) classroom. Every student deserves to be taught, reaching them at all levels, whether they are a beginner or advanced. Learn an example of how to teach differentiated instruction in your PE Classroom using the Socio-Cultural Curriculum Model (SCCM), giving educators practical application of standards-based teaching practices to utilize in their current physical education classroom. Attendees will receive an example unit, lesson plans, as well as an assessment rubric. Come put it all together and see how it works in this active gym session today!

Presenter: Heather Burd - the 2021 Minnesota Elementary Physical Education Teacher of the Year, is in her eighth year of teaching in the Win-E-Mac school district in her hometown of Erskine, MN. She serves on the MNSHAPE Board. Heather teaches physical and health education for grades K-12 and is an adjunct instructor for the College in High School program through Minnesota State.

Getting in the Zone with IHT Heart Monitors

Middle Gym

Experience the IHT ZONE heart rate monitor and the real-time, individualized feedback it delivers to students as they go through your workout. To stimulate your classroom setting, participants will wear the IHT ZONE while playing a High Action game and do it as a HIIT activity. The IHT HRM are a training tool designed to improve personal health with formative feedback. Learn how to empower students to reach and understand their target heart rate zone and see how easily technology can be added to your PE program. Using the data collected by the heart rate monitors, students can mark their progress over time and teachers can create comprehensive reports based on actual student assessment.

Presenter: Lois M. Mauch and Alaina Reller

Alaina Reller - is a middle school physical education teacher at Liberty Middle School in West Fargo. She earned her bachelor's degree in physical and health education from NDSU in 2022 and has a passion for finding new and unique ways to teach content. Alaina is on the ND Shape board and has presented at state and national conferences.

Lois M. Mauch - Lois has her master's degree from Virginia Tech under the direction of Dr. George Graham in Health and Physical Education. Lois is also a certified online instructor. She has published two books, and various articles, being published in the National Journal for Sport and Physical Education, and Strategies several times, one titled, What Really Motivates Students. March/April 2007.

Lois is currently the Director of Education for Interactive Health Technology (IHT). Lois is a leader in curriculum development and assessment, and fitness technology applications to keep students engaged and increase physical activity time throughout the day

Lois is our National Association for Sport and Physical Education (NASPE, now known as SHAPE America) Teacher of the Year both at the State Levels for Elementary in 1990 and as the Middle School Teacher of the Year at the State and Central District Levels in 1998. Lois was honored with the Christa McAuliffe Fellowship Award. She is one of a few Physical Education Teachers in the National who have received this award for \$24,000.00. Lois helped write a North Dakota Foundation Grant for \$25,000.00 which focused on 4th-grade obesity.

Level Up with the Power of Student Creativity with Technology

Library

Engage your students in health class by introducing fun, simplified graphic design projects. Learn how to teach the use of technology platforms like Canva, Adobe Express, and Google Suite Apps, to create a variety of projects including t-shirts, health posters, games and more! Are you ready to level up your health curriculum with the power of student creativity?

Presenter: Anne Houser - is an Art of Ed Master's graduate with seven plus years in art education and three plus years as a wellness coach. Houser currently teaches 7th grade Art at Erik Ramstad Middle School in Minot, ND. She is also a Wellness Coach through Market America with a passion for overall health and well-being. As an entrepreneur, Houser continues to expand her creative talents as a self-published author and freelance artist.

Teaching Greatness Through Virtue In Sport and PE Programs

Rm 101

Virtue means to be the best a person can be and in theory this is the true nature of sport. Teachers and coaches are charged with teaching our students to be good citizens and people of high character. As long time teachers of teachers, coaches, and business leaders we will provide background on the concept of programming with greatness and virtue at the core of your philosophy and style. Special focus will be on an innovative program at the University of Mary entitled Greatness Through Virtue that has been guiding athletics recently to success. We will share lessons learned from our roles as coaches, teachers and administrators at the University of Mary. Previous experiences including Physical education and youth sports will be shared as we have navigated legal and administrative minefields surrounding us as we have attempted to develop character with often less resources and support in other organizations prior to Mary. Best practices and solutions will be identified and critiqued for both private and public organizations to help us all be better at teaching more than "just the games".

Presenter: Dr. Thomas Orr is the professor for Sport and Leisure Management at the University of Mary while serving as the assistant coach of Men's Ice Hockey. Previously he was the program coordinator for Sport Management at the University of Nebraska Kearney for three years. Dr. Orr earlier served as the professor for Sport Marketing and Administration at Northern State University while leading the HPE department. His time there was highlighted by earning 2018 SD Shape University Teacher of the Year while providing leadership for the graduate programs. He was a visiting professor for Indiana University and a research associate for the Center for Sport Policy & Conduct while at IU. He has had extensive experience as a player, official, supervisor, coach and sport administrator in numerous sports. Dr. Orr was the assistant intramural director for the University of North Dakota Fighting Sioux athletic department, where he also completed his B.A. in History with minors in recreation and leisure services, economics, and athletic coaching. As a hockey player he was able to compete in the Canadian junior hockey leagues before playing his college hockey for the Hoosiers. After playing several seasons for Indiana he joined the coaching staff as an assistant coach and helped lead the team to a national title game. After being selected as a coach for the ACHA Division 1 All Star game in only his

second season as Head Coach and fifth season coaching for Hoosiers, Dr. Orr moved to Northern State to join the faculty as a tenure track professor and coach the youth teams of his 4 children. Dr. Orr now has five children and is fortunate to be back to coaching and professing here in Bismarck combining two areas of passion and expertise. His wife Matty Brekken Orr is an accomplished athlete and coach who serves as a mental health counselor.

Coach Orr is a director for Pro Ambitions hockey, and leads several Midwest youth camps for the official camp of the Boston Bruins. Thomas has experience coaching for two high school hockey teams; the 25 time ND state champion Grand Forks Central Knights, and Bloomington High School in Indiana. He has also spent six consecutive summers accruing over two years total experience working as a correctional officer in the North Dakota State Prison, where he observed a wide variety of violence, often relating to inmates leisure time. Dr. Orr has presented internationally and has been a guest on various popular media programs. Dr. Orr has been a consistent presenter at state, regional, and national SHAPE conferences. His publication list is highlighted by his text book; Sport and Violence; A Critical Examination of Sport which was published by Elsevier in London in a first edition and now Sagamore Publishing with the second edition.

2:10 - 3:00 Session VI

Building Confidence Through Movement

West Gym

Unified Physical Education provides a unique opportunity for students with and without disabilities to come together through ongoing educational and physical activities, using the power of Special Olympics. The Unified Physical Education course is structured around national physical education standards and grade-level outcomes. Additionally, the class supports the development of leadership skills for all students as well as the empowerment of ALL students to foster an inclusive class and school-wide environment. Students in Unified Physical Education courses may have the opportunity to participate in competitions with other schools or to attend Special Olympics events.

Presenter: Tyler Hetland- ND SHAPE VP General - Bringing physical education to life with innovative technology and a decade of experience! Making inclusion a reality and accessibility a priority for every student. Helping students reach their full potential through physical activity and inclusion. 2019 NDSHAPE Elementary Teacher of the Year Helping to make the next generation strong and fit one jump, skip, hop, and tumble at a time! Has taught at Lewis & Clark Elementary, Eagles Elementary, and Explorer Academy in Fargo, ND.

Presenter: Carolyn Olson currently serves as the Director of Sports for Special Olympics North Dakota. Carolyn has 36 years of public school teaching and coaching experience. The past four years she has been at Davies High School in Fargo, ND as a physical education teacher and head volleyball coach. Carolyn was at Grand Forks Red River High School for 25 years prior. She served on the North Dakota High School Coaches Association's Executive Board from 2006-2011 and was the Board President during the 2008-2009 school year. Carolyn is a decorated volleyball coach. She was inducted into the Valley City State University Coaches Hall of Fame, the National High School Athletic Coaches Association Hall of Fame and the North Dakota High School Coaches Association Hall of Fame. She was the National High School Athletic Coaches Association Volleyball Coach of the Year in 2015 and has been the NDHSCA Class A Coach of the Year nine times. Carolyn earned a Bachelor of Science in Education from Valley City State University and a Master of Arts in Curriculum and Instruction from the University of St. Thomas. Carolyn enjoys spending time with her husband Lionel and her children Levi and McKenzie.

Sport Education Flag Football Example

Middle Gym

Sport Ed is a way of teaching that tries to bring all the positive aspects of being on a sports team into physical education. Everyone is on a team, everyone has a role and job to complete during the season, team statistics can be kept, a championship is held at the end. When done well, it can address all five of the national standards in one season; teach cognitive, social, and physical skills; and encourage all students to participate. We'll explain the set-up, some principles behind the model, and experience how one lesson might work.

Presenter: Kelsey Higginson is a PE professor at Minot State University. She loves helping students learn how they can set up the best PE for K-12 possible. She likes exploring different ways to teach that might invite more students to enjoy physical education. She also is interested in helping current teachers continue to learn and improve their teaching. She came to Minot State via Ohio State and BYU. She grew up competitive swimming, but also tried a little of everything (just not very well).

Amazing Elementary PE Activities

East Gym

The Minot Public Schools elementary PE teachers will bring attendees through a smorgasbord of age appropriate and exciting K-5 fitness activities. All activities will be able to be used immediately in your classroom and modified to your needs!

Presenters: Minot Public Schools Elementary Physical Educators - Introductions given in session.

Health Education Share the Wealth

Library

Share your expertise with us. Join us in a relaxed, kickback environment, where we all share our favorite health lesson, websites, videos, or any other resources you use to make your health classes engaging, skills based and enjoyable. The intent is to collaborate with other health educators to share an idea, resource, website, or lesson plan. We will share some of our favorites and welcome you to share yours with us during this open dialogue session.

Presenters: Kristen Hahne and Eddie Streeter

Kristen Hahne is a middle school health and physical education teacher at Simle Middle School in Bismarck, ND. Kristen has taught health and physical education in ND for the past 16 years. During those years she has taught at both the middle school and high school levels and has worked as an instructor at NDSU, preparing preservice teachers in health and physical education.

Eddie Streeter is a middle school health and physical education teacher at Simle Middle School in Bismarck, ND. Eddie has been in the Bismarck school district for the past 13 years, and has been teaching health and physical education for the past 9. During those years Eddie has also been the head coach for Legacy High School.

Meaningful Physical Education

Rm 101

As we continue to navigate the transition in our physical education classrooms to a standards-based approach, it's a great time to look at a new curriculum model that can help our students learn to value physical activity

for a lifetime. While ideas about how to prioritize a meaningful physical education experience for our students are not new, what that means to us, may vary. Join me to learn more about the characteristics, and how our teaching decisions and actions can enhance the quality of the physical education experience for our learners. The meaningful physical education model can be applied to any current model you are using, so you can plan to start implementing it in your classroom tomorrow.

Presenter:Chris Mahoney- 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 and 2011 ND SHAPE College/University Teacher of the Year, and Honor Award Recipient in 2022. 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.

Bonus Session - Created For Simle Teachers PD day - ND SHAPE Members Welcome Too! Room 113
SEL Gaming & Icebreakers

Come play & learn activities that reinforce SEL! Activities will include 10-15 equipment based activities(board and card games) and 10-15 activities that can be done anywhere with no equipment!(Many repeated activities from previous years with a few new activities too!)

Presenter: Leah Wheeling- teaches 6th grade Physical Educator and Digital Literacy Educator at Simle Middle School. This is her 12 year of teaching. She is passionate about empowering students to live healthy lifestyles. Leah runs a before school groups Training and Games (TAG), Advises Board Game Club, Is adjunct faculty for the University of Mary, and coaches Simle Track. Leah also loves to host professional development and is the current ND SHAPE president. Most importantly Leah enjoys her role as mom of two wonderful children Michael (5yrs) and Sarah (2.5yrs).



Awards Recognition

Teachers of the Year:

Middle School - Kate Cristaldi

Dance - Chelsea Hendriks

College Professor - Dr. Joe Deutsch

Honor Award 2023 - Craig Heuer

President's Gavel Award 2022-2023

Leah Wheeling

TEACHER
of the
YEAR

Powered by the  SHAPE America Partner Network



Teach your students to let kindness serve as their moral compass



... and receive up to 50% back to your school!

The health. moves. minds.[®] FUNdraiser was designed to teach students critical life skills — kindness, respect, philanthropy, advocacy — and to demonstrate the importance of daily physical activity and giving back to the community.

- **Share donations raised with a 501(c)(3) charity of your choice** — your school's PTO, a national or local charity (optional).
- Access powerful **FUNdraising Tools**.
- **Earn Gopher gift cards** towards new PE equipment.
- Receive a **special banner for your school** to display your tradition of helping others and teamwork.
- Secure a FREE one-year **SHAPE America Select Professional Membership** when you raise \$2,000 or more.
- Use the **SEL-focused health. moves. minds. lessons and activities** to benefit your students... and the entire school!
- Incorporate **new mini-lessons** focused around the *Let Kindness Guide You* theme, combining adventure racing and team building activities.
- Experience the excitement as your Fundraising Champions (students) achieve physical activity-themed **FUNdraising Rewards**.



Achieve when your school raises \$500 or more

\$25

Rainbow SoftTail



\$50

Limited Edition T-shirt



\$100

Rainbow SkyBlazer Foam Disc



\$200

Rainbow SoftTex Soccer Ball



Learn more at healthmovesminds.org or scan the QR code to complete an **Interest Form** today!

