

DRAFT SCHEDULE ONLY – CHANGES POSSIBLE

2015 MN SHAPE Conference - “Teaching Learners to Think on Their Feet” Minnesota Society of Health & Physical Educators Conference Programming

AWARDS CELEBRATION

Thursday, November 12 – 6:00-8:30

Plymouth Green Mill

2705 Annapolis Lane No., Plymouth, MN 55441

6:00-8:30 p.m. Welcome Social for the MN SHAPE AWARDS CELEBRATION
(Extra Cost of \$10.00 per person)

6:00-6:30 Appetizers

6:30 Awards and Recognition Celebration

CONFERENCE SCHEDULE

Friday, November 13 – 8:00-4:00 p.m.

Wayzata High School, Plymouth, MN

Friday, November 13

7:00-4:00

Registration Open

**Commons Area
Wayzata High School**

8:00-3:00

Exhibits Open

Gymnasium 1

Breakout Session I – 8:00-8:50

“Student Perspectives of Physical Education and Fitness – How Hearing from our Students Can Help Us Educate and Advocate”

Heidi Leland

Classroom E105

In a society where students are becoming more unhealthy every day, it is critical that we take time to hear from them-what would make PE more meaningful to our students, how can we motivate them, what makes them inspired to work on their own personal fitness. For my Action Research I interviewed 12 middle school students to hear their perspective of physical education and fitness. Their interviews are powerful and we need to hear more from our students so we can advocate for them and empower them to become healthier individuals. These middle school students talk about the benefits they receive, what they like/dislike about PE and what helps them be successful.

“Dancing in the Gym for All”

Carol Conkell

Auxiliary Gymnasium

Dancing in the Gym for All: This session will provide non-dancers with simple ideas for teaching students rhythmic activities and dance steps. Participation session.

“No Tennis Courts, No Problem”

Tony Stingley

Gymnasium 2

This interactive workshop will show you how to introduce your students, K-12, to tennis in a fun, safe environment where everyone is active, with or without tennis courts.

“Open”

Lois Mauch, MS. ED.

Gymnasium 3 & 4

OPEN is an outcomes-based physical education curriculum project. It's based on current research and best practices. Academic language, SHAPE America outcomes and Marzano's components of education are integrated into this curriculum. Most importantly, it's FREE and available to every teacher in every school – no strings attached.

“K, 1, 2 – What To Do: Long Jump Ropes”

Amy Kaiser

Gymnasium 5 & 6

Breaking down skills, tips and activities to help our youngest students find success with long jump ropes.

“Walk and Bike for Health and Happiness”

Michelle Breidenbach

Commons A

Many communities and schools are growing in the movement for more walking and biking as physical activity and better living. The Walk! Bike! Fun! Pedestrian and bicycle Safety curriculum has been developed to help teach children how to safely walk and bike throughout their community improving their health, learning and happiness.

“Assessment Policies and Best Practices in Adapted Physical Education”

Manny Felix & Linda Perkins

Classroom D104

This presentation addresses assessment requirements that school districts must follow in order to provide and monitor appropriate Adapted Physical Education services consistent with special education procedures. Emphasis is placed on test strategies that feasibly assist practitioners to make sound, data-based decisions resulting in meaningful DAPE and GPE services.

Breakout Session II – 9:00-9:50

“It's Always Better with Google Classroom”

Mike Brindise

Classroom E105

Looking for a free and user-friendly way to organize your class assignments, announcements, and everything else for our students? This presentation will show you how to implement Google Classroom in your classes. This platform may be used on a laptop, iPad/Tablet, or a mobile device.

“Zumba”

Cheryl Vergara

Auxiliary Gymnasium

Zumba takes the “work” out of a workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

“The Three “I's” – Inclusive, Inspiring, Instant Activities”

James Gostomski & University of Wisconsin River Falls PE Students

Gymnasium 2

This active session will provide new and inspiring instant activities that are inclusive for grades K-12. These activities will be a wonderful addition for the K-12 practitioner to add to their instant activity repertoire. These energizing and fun instant activities will get your students moving!

“Ready, Set, GO!”

Lynn Burrows

Gymnasium 3 & 4

Come join this high-energy session and gain instant activities to increase the rigor in your physical education program. Multipurpose instant activities get students engaged and moving immediately, maximizing activity time! Knowledge content, skill practice, formative assessment, differentiated instruction, and common core integration right as students come in the door!

“Climb the Walls: Hand-On Traverse Wall Training”

Mertyce Mrvos

Gymnasium 5 & 6

Be ready to climb in this active, hands-on session! Learn climbing wall best practices, including climbing techniques and safety protocols. Experience fun climbing wall activities that help develop physical, social-emotional and cognitive skills. Leave inspired and equipped with climbing wall protocols and activities that can be put to immediate use!

“Introduction to Mindfulness”

Mary T. Schmitz

Commons A

Mindfulness, intentionally bringing awareness to the current moment, has been receiving a lot of attention as of late. Mary T. will help educators understand what Mindfulness is and why it makes sense to practice Mindfulness at school and within sports. By considering current neuroscience research as well as what we know about how children learn along with noticing what often interrupts this process, namely, emotion dysregulation and lack of focus, Schmitz will share how Mindfulness may be an anecdote. Additionally, Mary T. will create fun, safe space for educators to learn some Mindfulness Practices for self-care.

“edTPA”

Carlson

D104

Description to follow

“Strength Training”

Ryan Johnson

Weight Room

Creating training programs is a difficult and time-consuming task for some. Using the new tools of the digital age, teachers with any level of experience can easily implement a safe and effective training program for students and athletes.

Breakout Session III – 10:00-10:50

“Using Social Media for Collaboration”

Jenny Wamsley

Classroom E105

Are you on an island all alone? Do you wonder if there is more beyond your walls? Stop! Collaborate and listen. Social Media can connect you to many resources, expand your horizon, and cultivate professional relationships. Grab your paddle, get off the island. Get Connected.

“Introduction to Clogging”

Kjersten Udem

Auxiliary Gymnasium

I will be teaching the basic steps of clogging and how to teach these to students. I will also include a couple beginner cue sheets to teach how to read them and use them to teach a routine. This is a great new program for your physical education curriculum!

“Let’s Make It, Take It!”

Kay Oling and Pete Westby

Gymnasium 2

Participants will be making equipment and using the equipment in games and activities. Some of the equipment that will be made will be, but not limited to, various sizes of hoops, PVC goals, kites and other PVC pipe products. All equipment can be used in your inclusive physical education and physical activity programs.

“Minute to Win it...if You Can!”

Diane Wyatt

Gymnasium 3 & 4

Does your gym need a little fun? Come and explore effective activities and concepts and have fun at the same time. Creative activities that will keep your students moving through maximum participation, improving fitness, motor development, and develop team concepts. Ideas for integrating technology, addressing common core through using iPads (animoto, imovie) for creating mini photo reports of activity will be addressed.

“Badminton: A Better Way to Flip the Birdie!”

Sue Tarr, Kyle Grote, Adam Reidenbach & Tanner Schafer

Gymnasium 5 & 6

Badminton is an AWESOME lifetime leisure activity for ALL students! This session will focus on introducing small-sided game strategies that will improve your students' game play and individual strokes (clear, smash, serve, etc.). Speedminton equipment, paddleloons, and supersized shuttlecocks will be used for all the FUN!

“Motivational Interviewing in the Classroom”

Connie Mettill & Michelle Darst

Commons A

Classroom discipline problems are a major concern for teachers, school administrators, and parents. Disruptive behavior in the classroom takes time away from instruction and hinders student academic and social growth. However, when adolescents and young adults are motivated to make a change, their energy is remarkable. This session will discuss how to use motivational interviewing (MI) to have productive conversations about behavior change. MI works with four general principles that assist students in gaining an awareness of the thoughts and feelings that are the foundation for their behavior. Simple, yet powerful, strategies for building rapport using person-centered skills will be presented.

“The State of the State in Physical Education”

Mary Thissen-Milder, PhD

Classroom D104

This sessions will address what's happening in physical education in Minnesota by providing information on: 1) data specific to Minnesota Physical Education; 2) Physical Education state standards and benchmarks; 3) Physical Education as core of the Active Schools Minnesota Initiative; and 4) preliminary results in the Minnesota Active School pilot study.

Breakout Sessions IV – 11:00-11:50

“Online Physical Education and Objective Data”

Jeff Gagstetter

Classroom E105

Using Polar Flow for Coach and Polar A300 or Polar M400 will allow you, as an online physical education teacher, to objectively assess your online students and classes. This will take away a journal that can be manipulated by students. This will give you true reflection of what your students are doing to earn their credit.

“Dance the Day Away!”

Tara Storts & Lindsay Leko

Auxiliary Gymnasium

Learn innovative and fun dances for all levels. This session will provide information on: (1) variety of easy dances that you can incorporate when you get back to school (2) implementing dance performance assessments for student success (Quizlet), (3) how 21st century learning and technology impacts dance education (Tango, Spot Queue) and (4) other rhythmic movements.

“ACTION! Team Games and MVPA Assessment”

Jordan Stolp

Gymnasium 2

Action packed, class oriented, teacher friendly non-traditional activities for your class! And of course, our FIT step Pro Uploadable Pedometer to measure Moderate to Vigorous Physical Activity (MVPA). If you want to learn new activities, be active and have fun, this session is for you.

“Tying It All Together”

Lynn Burrows

Gymnasium 3 & 4

Join this ramped-up session and gain easy to implement ways to authentically integrate common core, and assess grade level outcomes. Get highly active, innovative, fun activities that will help your students achieve mastery all while maximizing physical activity time and bringing together the essential components of quality physical education.

“PiYo Live”

Cheryl Vergara

Gymnasium 5 & 6

PiYo is a music driven, athletic workout inspired by Pilates and Yoga. It includes flexibility and strength training, conditioning and dynamic movement. You will not want to miss this high-energy workout.

“FitnessGram 2015 – More than Assessment”

Julie Frank

Commons A

FitnessGram 2015 is more than assessment and now it is mobile friendly. Join this interactive session to see the improved usability and consolidation of FitnessGram, ActivityGram, and NutriGram. Participants will leave this session with an understanding of the new FitnessGram 2015 software enhancements and grant/funding information.

“What is New with Your Program? A Round Table Discussion for Higher Education”

Julie Knutson, PhD and Shannon Norman, PhD

Classroom D104

The purpose of this session is to allow time to discuss strategies and issues on University campuses. Discussions may help faculty share special situations happening on their campuses. Sharing this information may give attendees new approaches and ideas. This session is a time to bounce ideas and strategies off on other faculty.

Lunch Break and Dedicated Exhibitor Time– 12:00-12:50

Award Presentation and Announcements - Auditorium

General Session – Auditorium – 1:00-1:45

Paul Zientarski

Breakout Sessions V – 2:00-2:50

“Brain Breaks”

Diane Wyatt

Classroom E105

Brain Breaks - We all know that the students in our districts need 60 minutes of movement a day. Come to this session to see how you can encourage classroom teachers to use brain breaks to help improve their classroom setting and help get our students moving. Brain breaks help students refocus, improve attention, and help with behavioral issues. Attendees will learn ways to introduce brain breaks in their own school district.

“Clogging: Like a Sport, Only Harder!”

Andy Lambert

Auxiliary Gym

Traditional Appalachian clogging is a strong thread in the American cultural fabric. Born on the mountainsides and hollows of the Appalachian mountains in the early 19th century, this energetic, intensely rhythmic dance is impossible not to love. Set to old time fiddle tunes, this presentation will get your toes tappin’ and heart thumpin’!

“Classroom Management”

Kristine Ellis

Gymnasium 2

This session will give you ideas of how to improve classroom management in order to increase movement in your physical education classes. Strategies include: EnVoy Strategies and Responsive Classroom. Visual and other teaching strategies to help keep kids active and your physical education program engaging for all students.

“Using Polar Go Fit to Track Heart Rate Data and Fitness Scores and Assessments”

Jeff Gagstetter

Gym 3 & 4

With Polar Go Fit you as a teacher will have the ability to objectively grade your students in daily physical education class. You will also be able to track all of your students’ fitness assessment scores using the current national standards and tests.

“Insanity Live”

Cheryl Vergara

Gym 5 & 6

Insanity Live is a predesigned format that brings high-intensity interval training and total body conditioning to group fitness. This is based on the principle of MAX Interval training which allows a person to beat the stress adaptation response. It gives the participants a safe, challenging, and results-driven experience. You move at YOUR OWN PACE and YOUR OWN LEVEL. Great for sports training such as track & field.

“Jump and Hoops – Let’s Talk”

Amy Kaiser & Lisa Hoffman

Commons A

Whether you are new to Jump and Hoops or an old veteran, come to this session to get ideas, ask questions and find out what is new from the America Heart Association. You will also meet some of our MN SHAPE grant winners and learn from their experiences. Jump Rope for Heart and Hoops for Heart is a great partnership with our organization and the American Heart Association. Come be a part of the great collaboration!

“Meeting SHAPE National Standards through Instructional Model Delivery in K-12 Physical Education”

Ray Martinez, Manny Felix, Kristi Mally & Winona State Students

Classroom D104

The focus of this presentation is to highlight the new SHAPE National Standards and showcase instructional model delivery using the direct instruction model, tactical model, sport education model, and adventure education to meet the standards for K-12 students in physical education settings.

Dedicated Exhibitor Time and Break

2:50-3:10

Breakout Sessions V – 3:10-4:00

“They Are Doing What? Teen Risk Behaviors”

Michelle Darst & Connie Mettelle

Classroom E105

Another news reports of a new crazy teen behavior. Is it a real trend or is it moral panic? This session will explore some of the latest crazy teen behaviors. Vodka eyeballing, drunk tampons, pharm parties, and more. We shouldn’t necessarily teach about all of these in our classroom, but we should be knowledgeable about these in case the topics come up in class. We need to look beyond the news because some of these “news stories” might just be an urban myth. We will be adding new ones from the presentation two years ago.

“U-JAM Fitness”

Cheryl Vergara

Auxiliary Gym

U-JAM Fitness is an addictive cardio workout that fuses the hottest world beats with unique and fun pre-designed choreography that will make you move, sweat and smile. U-nited we JAM!!!

“Using Video Analysis to Enhance Learning in Physical Education”

Chad Grabau, Ray Martinez, & Brent Gothmann

Gymnasium 2

A “hands on” program exploring the use of iPad and GoPro technology as pedagogical tools within physical education. A specific emphasis will be placed on the use of formative assessment practices, using video analysis to enhance learning within various physical activity settings.

“Interactive Technologies...it’s more than just Heart Rate!”

Lois Mauch

Gymnasium 3 & 4

Heart rate unlimited assessment, data collection: technology that connects fitness, and health to academics. “Health Needs a Hero”, the catalyst for a physical education course created called “PE 3”; Mind, Body and Spirit, shares strategies that increase heart rate, and improves the brain’s ability to be primed to learn academic content.

“Mix It Up: Changing Fitness Routines & Circuits in Physical Education”

Ben Robinson

Gymnasium 5 & 6

Using a variety of equipment, Ben will show some different approaches to fitness stations, circuits, warm-ups, and workouts. Come ready to participate in a fast-paced activity session.

Closing with Give-Away’s – 4:00-4:10