



# SHAPE Colorado Journal



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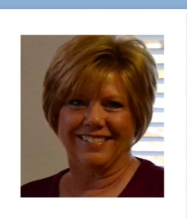


By **Shannon Miliken**  
*SHAPE CO President*

The definition of “change” is to “make or become different”. Change is inevitable. It really comes down to when and where is change going to occur. We cannot prevent change from happening; however, HOW we deal with change and our attitude and actions before, during, and after change can produce completely different experiences and perspectives. I recently read a book called “Who Moved My Cheese?” by Spencer Johnson. The book has four main characters

who represent the simplicity and complexity of change. There is “Sniff”, who sniffs out change early, there is “Scurry”, who scurries into action when change occurs, there is “Hem”, who denies and resists change as he fears it will lead to something worse, and there is “Haw”, who learns to adapt in time when he sees changing leads to something better. As I’ve evaluated my own life, personally and professionally, I’ve realized that there are times when I’ve been each one of these characters. Being more aware of these actions helps me be more proactive in embracing change and accepting things when they do not always go as originally planned.

see [President](#) on page 8



By **Donna Carey**  
*Convention Coordinator*

The [annual SHAPE Colorado convention](#) will be held October 19-21 in Colorado Springs.

Featuring a dynamic keynote address from Deborah Tackmann! Deborah is a nationally recognized health education instructor, author and National Teacher Hall of Fame Inductee. Her work focuses on health trends and youth risk reduction. Deborah will also present a

half day pre-convention session as well as two smaller sessions.

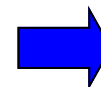
The convention social event will return to the Olympic Training Center! New this year, professional athletes will provide a judo demonstration. Join us on Thursday, October 19 at 6pm.

## Upcoming Dates:

- DPS Summer PE Institute– June 12-14
- SHAPE America Proposals Due– June 24
- Journal Deadline– Aug 15
- Grant Deadline– Sep 1
- SHAPE Colorado Convention– Oct 19-21

## Using the Interactive Journal

The SHAPE CO Journal is formatted to allow you to better interact with the material. Any text in blue is a hyperlink and will lead you to material on another page or will link you to a website. Enjoy interacting!!



# COLORADO LOBBY DAY-APRIL 13, 2017



**By Debbie Luithly**

*Physical Education Teacher, Coyote Ridge and Carrie Martin Elementary Schools*



HB 17-1287 is sponsored in the House by Representatives Bob Rankin, Millie Hamner, Janet Buckner, Alec Garnett, Paul Lundeen, Brittany Petterson, James Wilson and in the Senate by Senators Kevin Priola and Andy Kerr. The link to the bill is: <https://goo.gl/SPM7Y1>.

Kayla Tibbles, our SHAPE

On Thursday, April 13th, nine physical educators and four students headed to the Colorado State Capitol to lobby for House Bill 17-1287, also known as the Vision Bill. The physical educators in attendance were Chris Nicolas, Sandra Volkert, Nick Spencer, Shannon Milliken, Emily Graves, Jamie McMullen, Debbie Luithly, Clayton Ellis, and Kyra Ruscio. The students in attendance were Dylan Stiles, Stan Griffin, Asiana Quinn from Rangeview High School and Kevin Mota from Futures Academy.

Colorado lobbyist, briefed us on protocol and what our agenda for the day would be. Prior to heading to the Senate floor, we met with Joyce Rankin from the State Board of Education, Senator Kevin Priola, (HB 17-1287 sponsor), Senator Nancy Todd, and her husband Terry. Terry is a retired physical educator with 40 years experience and Past-President of SHAPE Colorado. We were then able to spend some time on the Senate and the House floors.

From the Senate floor, Nancy Todd introduced SHAPE Colorado. Senator Rhonda Fields then thanked us for our work in physical education. We talked with many Senators and Representatives about the importance of quality physical

education and the lack of students receiving it.

Representative Barbara McLachlan from House District 59 indicated that we need to



share our stories with all the Senators and Representatives. She believes that most of them do not know the fact that some students are not receiving physical education after the 5th grade or that some elementary students only have physical education once every six days. I know there are other stories out there. Please share!

I am asking you to contact your Senators and

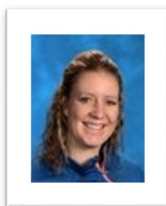
Colorado's legislators. Find your legislator and call their office, write them a letter, or send them an email. <https://goo.gl/PMzZWJ>



## TEENS ON CAFFEINE

"Why are you drinking a Red Bull for breakfast?" I often ask my high school students as they wander into the building often tardy and looking disheveled. The response is usually along the lines of, "I need some energy because I didn't get any sleep, or because it tastes good!" Wondering if parents supported this breakfast choice, I know that I can't take the energy drink away from the student; however, I can educate the student about the human body and the effects that their energy drink is having.

In 2012, there were over 3000 reports to poison centers regarding energy drink exposure (American Association of Poison Control Center). The number has decreased since then for several reasons, but I think it's clear that caffeine is not usually thought as a substance with which teens are



**By Kyra Ruscio**

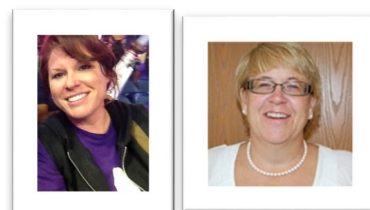
*Head of Physical Education and Health,  
Denver Academy*

out of control. When my health students think about harmful substances, they comment about heroin and cocaine, not Red Bull and Rock Star. It's become a trend to replace a meal with an energy drink. One of my health students confessed, "For boys, it looks cool to be slamming a Red Bull, for girls, they may use it as a weight loss strategy." [The Canadian Journal of Cardiology reports](#), energy drink abuse among teens causes an increased risk of cardiac events, especially in those with underlying heart conditions. These risks increase when the child is engaged in exercise or sports. Sadly, a common time to see a teenager throwing back an energy drink is prior to a big game or even during an athletic event!

I decided to make this topic a two-day lesson in my health class, due to the number of students I see consuming these beverages and because of the shocking research. We discuss the effects on the body, specifically the brain and heart, and the ingredients in certain energy drinks. We also take a look at the media's influence, where students are usually surprised that they are the main market for these beverages. Students look at articles and research about consumption of energy drinks mixed with alcohol. Hopefully, some students walk away making different choices about what they put into their body. However, during my last class, I had one student comment, "It's no different than all of you teachers sucking down coffee all day!" Could he be right?

## A PATHWAY TO SUCCESS

"Be bigger than your story" is a guiding thought behind Denver Public School's PREP (Positive Refocus Education Program) Academy. PREP is in its 5<sup>th</sup> year of existence, and is the only school in DPS that services expelled students. PREP Physical Education teacher, Nick Walker, is known as a man who loves to see students succeed and a man with a big heart. His motto is: "I will take every student and find a way to connect with them." In his 3<sup>rd</sup> year at PREP; he has made a positive impact on students and the physical education program. Nick has strong physical education pedagogy and is well-respected by students, administration, teachers, and community. A graduate of Metropolitan State University of Denver he is currently enrolled in the DU Ritchie Leadership program. He



**By Jesse Weber and Pam Rogers**

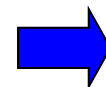
*Denver Public Schools Arts & PE Department*

is a DPS PE Regional Team Specialist leading regional cohorts of Physical Education teachers as they explore student learning objectives, assessment literacy, and instructional methods.

When you walk into PREP Academy, you would probably ask "Where's the gym?" PREP does not have a gymnasium, but does have a fulltime physical education teacher, Nick Walker, who serves approximately 100 students. Nick's creative approach to PE instruction uses a small classroom (12' x 18') to greet students, participate in a "DO NOW" (concepts and principles of PE), and then he drives to the local rec center or park where he instructs his physical education classes. Nick incorporates non-traditional physical education units and organizes

community adventures such as geo-caching, biking, archery, whitewater rafting, water skiing, and paddle boarding. For many students, this is the first time they have participated in outdoor education experiences. These units not only give students content knowledge, but also the ability to see outside themselves, experience nature, team work, responsibility and a positive community.

Kudos to Nick for all he does for Denver Public School students and how he positively represents Physical Education every day. DPS is grateful to have educators such as Nick who are passionate about their work and the impact they have on students.





# SHAPE AMERICA 2017 CONVENTION IN BOSTON

## SHAPE Colorado at SHAPE America

Despite winter weather arriving in Boston just as SHAPE America was to begin, as would be expected, Colorado took it all in stride. There were over 15 sessions presented by (or attributed to) SHAPE CO members including Megan Babkes-Stellino, Russ Carson, Brian Dauenhauer, Clay Ellis, Brandy Lynch, Jennifer Krause, Jaimie McMullen, Missy Parker, Lynn Burrows, and Mark Smith. (I am sure there are others please excuse any omissions.) In addition, life member and SHAPE CO Past-President, Missy Parker, received the SHAPE America Teacher Education Honor Award for her contributions to teacher education over a career. And, a bit of trivia – did you know that out-going SHAPE America President Jackie Lund is a life member and SHAPE CO Past- President? SHAPE CO is making itself heard and recognized at a national level -- we have much to celebrate and of which to be proud!!



## Colorado Social

On March 15<sup>th</sup> folks with a variety of different ties to Colorado, united at the Back Bay Social Club in Boston to socialize, network, and enjoy each other's company! The SHAPE America National Convention provided a great opportunity to stage a get together with current Colorado teachers, university faculty and students. In addition, we welcomed a lot of friends with past ties to our great state.

Approximately 35 people attended the Colorado Social and we look forward to doing it again and seeing more folks there in Nashville! Special thanks to WellTrain and Terry Jones who sponsored the event.

## Attending National Convention

By Dawn Hennessy



Run, fly, or drive to the host city of Nashville, TN for the 2018 SHAPE America National Convention and Expo. I was blessed to attend this year in Boston and felt the community of physical educators greater

than ever before. Our lanyards allowed for recognition among professionals to start conversations with others from across the country and world. It was reassuring to understand that all physical educators share similar challenges and rewards in their teaching.

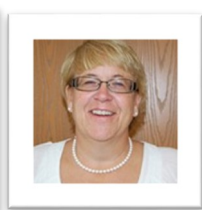
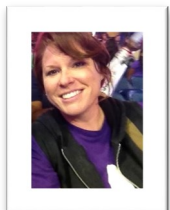
Nationally recognized speakers shared research emphasizing the correlations and significance between fitness, nutrition, and achievement which promotes and validates our work. I found Dr. Dean Kriellaars' General Session on Physical Literacy most inspirational when he shared the message that teaching others how to care for their body, desire personal health, and live their lives through the foundational concepts we teach is "most noble". We saw "Most Noble" in practice with the inspirational student jump rope team who demonstrated years of personal practice and the service commitment of their physical education teacher.

Each day sessions were organized according to topics, levels, and targeted cohort groups. It was easy to find my area of interest



see [Convention](#) on page 12

# McGLONE ELEMENTARY HIGHLIGHTS FITNESS



By **Jesse Weber and Pam Rogers**  
*Denver Public Schools Arts & PE Department*

Fitness technology in physical education was highlighted during a session at the National School Board Association's Annual Conference at Sports Authority Field at Mile High. McGlone Elementary Physical Educators Nikki Allen and Joe Szwaja, along with Denver Public Schools Physical Education Instructional Curriculum Specialist Jesse Weber, facilitated the session for approximately 40 school board members from across the nation. Participants experienced interactive fitness technology and various apps that have the potential to transform physical education classes.

McGlone Elementary is a participant in the DPS PE Pilot program created and supported by the Arts and Physical Education Department (APED). With the goal of providing quantity, quality, and equitable delivery of physical education to all students in DPS, the desired outcome of this program is to implement the national recommendations of physical education minutes and model best practices set forth for physical education programming. APED is working with pilot schools in the planning and implementation stages, focusing on scheduling, goal setting, professional development, and instructional



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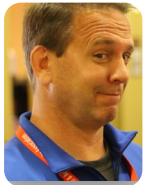


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# EVERY STUDENT SUCCEEDS ACT (ESSA) IN COLORADO



**By Terry Jones**  
*Executive Director,  
SHAPE Colorado*

The Every Student Succeeds Act (ESSA) of Colorado was signed into Federal law by former president, Barack Obama, in December 2015. It replaced the No Child Left behind act, and defines civil rights of children with regard to education. The Act came about as a reauthorization of the Elementary and Secondary Education Act (ESEA). After becoming a law, a state development plan was drafted to outline the rollout. Pre-planning took place from December 2015 to March 2016, the listening tour from April to June 2016, the writing plan from July to September 2016, vetting of the plan from October 2016 to January 2017, and approval of the plan took place in April of this year. The State plan for Colorado was submitted the United States Department of Education for review starting May 3<sup>rd</sup>.

SHAPE Colorado and our many partners served on several spoke committees involved in the ESSA development plan. These committees include:

**Assessment Spoke Committee:** The Assessment Spoke Committee has the responsibility of addressing the assessment state plan requirements of the ESSA plan as in the draft, vet these drafts thoroughly with constituency groups as required and proceed to appropriate, consider and give a response to the feedback acquired from the ESSA Listening Tour; then provide updates to the ESSA Hub Committee and review the plans with them throughout the submission process.

**Effective Instruction and Leadership Spoke Committee:** The purpose of the Effective Instruction and Leadership Spoke Committee is to address the leadership and instruction state plan requirements that are in the draft of the ESSA plan, proceed to vet the drafts

from the ESSA Listening Tour; then provide updates to the ESSA Hub Committee and review the plans with them throughout the submission process.

**Title Program Plans and Assurance Spoke Committee:** The State's Community of Practitioners (CoP) is serving as the Title I Program Plans and Assurances Spoke Committee. The goal of this Spoke Committee will be to address the title programs and assurances state plan requirements in the draft of the ESSA plan; thoroughly review drafts with constituency groups as needed and appropriate; consider and respond to feedback from the ESSA Listening Tour; and provide updates to, and review plans with, the ESSA Hub Committee throughout the submission process.

**Standards Spoke Committee:** The goal of the Standards Spoke Committee was to address the standards state plan requirements in the draft of the ESSA plan; thoroughly vet drafts with constituency groups as needed and appropriate; consider and respond to feedback from ESSA Listening Tour; and provide updates to, and review plans with, the ESSA Hub Committee throughout the submission process.

Then proposed state plan will dramatically affect Health and Physical Education in the state of Colorado and has some definite strengths and weaknesses.

Strengths of the proposed state plan: "Whole child support" is specifically mentioned as a priority. Physical and health education are the base of supporting healthy, safe, engaged, supported and challenged students.

The proposed accountability measures for Colorado are chronic absenteeism and drop out rates. There is strong evidence that students that participate in health education, physical education and extracurricular activities have

thoroughly with the constituency groups as required and as is appropriate, consider and give a response to the feedback acquired

decreased high school dropout rates.

Physical education and health education is now allowable for Title I, Title II and Title IV-part B funding.

Areas to improve on the proposed state plan:

School Improvement could include Healthy Kids Colorado data and Smart Source data.

School accountability measures should include physical education and health education.

The United States Department of Education has 120 days to evaluate the plan. If approved the Colorado state plan will go into effect during the 2017/2018 school year. SHAPE Colorado and our partners look forward to working with teachers, schools and communities as they move forward in implementing the Every Student Succeeds Act.

References

Colorado Department of Education. <http://www.cde.state.co.us/fedprograms/essa>  
Cairn Guidance, <http://www.cairnguidance.com/essa-plans/>

## ADVANCE YOUR CAREER IN PHYSICAL EDUCATION



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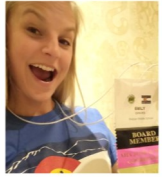


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# SHAPE AMERICA SPEAK OUT! DAY 2017



**By Emily Graves**

*Physical Education  
and Health Teacher,  
Columbia Middle  
School*

This year's SHAPE America Speak Out! Day was attended by five of our state's board members. Together, Shannon Milliken, Clayton Ellis, Debbie Luthly, Nick Spencer and Emily Graves, were able to express their concerns with two senators and five congress members. It is unusual when the attendee's meet the senator or congress members themselves, usually meeting with their "people", but this year we were able to sit down with Representative Mike Coffman and Representative Jared Polis.

We asked Colorado's Representatives and Senators for their support in the Every Student Succeed Act (ESSA), specifically Title IV Part A. Originally, when ESSA was passed, there was a proposed budget of \$1.65 billion. Due to switch in presidency, the new proposed budget is \$300 million. As explained by Shannon Milliken, "When you split \$300 million between 50 states, all their districts and then all those schools, that doesn't leave much to work with." "Unfortunately, when schools lose money, they begin to cut their physical education, health, art, and music programs first" Clayton Ellis stated. It was our hope that by their support of the original \$1.65 billion proposal, that our students wouldn't suffer by losing those opportunities.



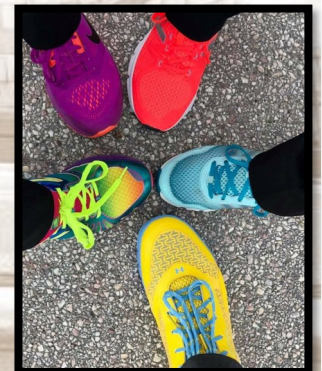
of the whole child, which included physical education and health. However, we are noticing in our state a cut back in physical education and health programs, creating less opportunities for students to grow into that whole child approach. Representative Polis has been a champion for our profession and our students as he also advocates for physical education to stay within schools by supporting SHAPE Colorado's vision.

As the Every Student Succeeds Act was written, the term "whole child" became the focus. With ESSA, they incorporated 18 content areas that would aid in the creation

Overall, the 2017 Speak Out! Day was a success and we will continue to advocate for our profession at the national level next year.



More Information about Speak Out! Day can be found at: <http://portal.shapeamerica.org/events/speakoutday/default.aspx>





# COLORADO ADAPTED PHYSICAL EDUCATION



**By Bryan Wickoren**

*District Adapted Physical Education  
Coordinator – JEFFCO Public Schools*

AWESOME SHAPE Colorado Convention!

At the Colorado Department of Education – Adapted Physical Education Advisory Council work continues on the Adapted Physical Education Licensure/Endorsement. Below is a video recently shared by Colorado Department of Education, I HIGHLY RECOMMEND sharing and watching for clarification on adapted physical education. This video shared by CDE provides specific details about adapted physical education and the law.

"Hello,  
I wanted to share a YouTube Video about Adapted Physical Education (APE). It is very well done and gives a good overview of Adapted Physical Education as part of IDEA, the IEP process, continuum of services, role of the APE teacher and common misconceptions." <https://tinyurl.com/l8ox2f9>

The inaugural Colorado High School Adapted Basketball Tournament on Thursday, January 19th at the Gold Crown Fieldhouse had 31 teams from school districts across Colorado participating. There were additional 10 teams on the waiting list. A link to the story featured in CHSAA NOW <https://tinyurl.com/m2jo4eg>

Below are the results from the inaugural Colorado High School Adapted Basketball Tournament.

The Adapted Athletics growth continues in JEFFCO Public Schools; link to story in the *Lakewood Sentinel* <https://tinyurl.com/m7vq23k> This school based adapted athletic program mirrors the programs that the typical student/athlete participates in throughout the school year; while

having the students work on the Colorado Health and Physical Education Standards.

We as educators in Colorado must continue to provide equitable curriculum to those students with disabilities, focusing on developing healthy lifestyles for students with disabilities as we would for non-disabled students. As Colorado physical educators and adapted physical educators, we must provide curriculum and working toward the state physical education standards, to provide appropriate accommodations, modifications, and adaptations so that the students with disabilities can access the general physical education curriculum.

Try to keep a few things in mind when working with students with disabilities: Be Creative, Ask them what they would like to do, and focus on the student's ability not their disability!

*Enjoy the last weeks of the 2016/17 school year!*

Champions: Gateway HS (Aurora SD)
2nd Place: Greeley Central team 1 (Greeley-Evans SD 6)
3rd Place: Littleton HS (Littleton Public Schools)
4th Place: Conifer HS (JEFFCO Public Schools)
5th Place: Frederick HS (St. Vrain Valley SD)
6th Place: Rangeview HS team 2 (Aurora SD)
7th Place: Smoky Hill HS (Cherry Creek SD)
8th Place: Sand Creek HS (Falcon D49)

continued from [President](#) on page 1

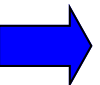
There are seven key points I take away from this short story.

1. Change Happens
2. Anticipate Change
3. Monitor Change
4. Adapt to Change Quickly
5. CHANGE
6. Enjoy Change!
7. Be Ready to Change Quickly and Enjoy It Again and Again

The SHAPE Colorado Board is already in full convention planning mode. A call for session proposals has been made, award nominations for "champions" in our field has ended, and our pre-convention schedule has been set. I'm excited to announce two big changes that will be coming your way for the 2017 SHAPE Colorado Convention on October 19th-October 21st in Colorado Springs. First, we will be bringing in several speakers from across the nation for our pre-convention on Thursday, including Deb Tackmann and two national teachers of the year (TOY's). Second, we have officially decided to go "GREEN" this year and will only have an online schedule! We will make sure that "at a glance" schedules are printed for you and you will have access to session descriptions beforehand so you can prepare your own convention schedule to fit your wants and needs!

As another school year comes to an end, I'm excited about all that has happened within the SHAPE Colorado Board and in the state of Colorado regarding physical education and health.

As always, I've enjoyed serving the members of SHAPE Colorado and representing the students and all physical education and health teachers and school programs in the state of Colorado. Thank you for this opportunity to serve as your President -- I wish you all a very safe, healthy, and active summer! Thank you for all that you do to be CHAMPIONS for our students, our schools, our communities, and our profession!





# CDE PHYSICAL EDUCATION STANDARDS REVIEW COMMITTEE



**By Phyllis Reed**  
*Colorado Department  
of Education*

According to Colorado state law, the Colorado Academic

Standards (CAS) must be reviewed and revised on or before July 1, 2018, and every six years thereafter. To accomplish this important work, the Colorado Department of Education is forming a review committee for each content area within the CAS to provide revision recommendations for State Board of Education consideration. Each committee will be chaired or co-chaired by member(s) of the committee.

CDE is committed to conducting an open and transparent standards review and revision process by engaging diverse stakeholders to serve as committee members in each standard area. As such, the Colorado Department of Education (CDE) accepted applications for standards review and revision committees.

Applications were accepted through an online process for each of the thirteen standards areas: comprehensive health; computer science; dance; drama and theater arts; mathematics; music; physical education; reading, writing, and communicating; science; social studies (to include personal financial literacy); visual arts; world languages; and English language proficiency.

Once the application window closed, all applications were assigned an applicant ID number. An application review team consisting of 4-5 reviewers in each content area

representing CDE staff and external content area stakeholders independently applied ratings to every application. Once each individual rating was completed, results from all reviews were combined for a final comprehensive score. Application review teams strived to balance the committees based on the following criteria: general understanding of academic standards; general professional/work experience; relevant standards work/experience; professional training and/or coursework related to education; experience with diverse student groups; and leadership and collaborative abilities.

Key face-to-face meetings dates and ranges for planning purposes:

- First committee meeting: May 19 and 20, 2017 (Alternatively, music will meet May 12 and 13, 2017)
- Second committee meeting: June 16, 2017\*
- Third committee meeting: One day in the week of Sep. 18, 2017
- Fourth committee meeting: One day in the week of Jan. 8, 2018
- Fifth committee meeting: One day in the week of Feb. 19, 2018

\*These meetings will be held in the Denver metro area. Each committee will decide their next meeting locations, based on group composition.



## Fuel Up to Play 60 Needs You!

**Fuel Up to Play 60**, the in-school nutrition and physical activity program from National Dairy Council, local Dairy Councils and National Football League, in collaboration with the United States Department of Agriculture (USDA), is helping to make wellness part of the game plan.

**Sign up to be a Program Advisor!** Program Advisors are the coaches of their in-school team. They engage and empower students to implement **Fuel Up to Play 60**, plus they're eligible for funding, rewards and recognition opportunities.

**WesternDairyAssociation.org**

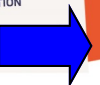
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**FuelUpToPlay60.com**

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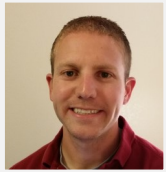
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# JUMP AND HOOPS FOR HEART REPORT



**By Jason Mondragon**

*SHAPE Colorado AHA Coordinator*

Congratulations on a great year and thank you for all your efforts and in participating in your jump / hoops for heart event. This year over 1680 schools completed a JRFH/HFH event. The estimated total donations for this year is \$2,154,000. It is truly inspiring to see how all of these schools have come together for such a great cause to help fight heart diseases (the #1 killer in America) and teach our students how to take care of their heart. There are so many success stories to share across the state, and I would like to recognize a few schools that went above and beyond this year.

- Top Colorado school (as of 4-10-17): Cottonwood Creek Elementary – Cherry Creek Schools \$28,012.45 – Teacher: Matt Mundy
- Colorado Rookie of the Year (school never participated prior): Vanderhoof Elementary – Jeffco Public Schools - \$3,668 – Teacher: Todd Buelter

**Success at Thomson Primary:** Brady Walter, a new PE teacher to the elementary scene, had come from teaching at a high school up the road in Brush, CO. He had heard of JRFH/Hoops before but wasn't really familiar with it. Jump Rope For Heart has become a

part of the culture at Thomson Primary over the years and Brady believed in the message and wanted to continue the tradition. He took the program by the horns and reiterated everyday why they were participating. "We aren't doing it for the prizes or ourselves. With every dollar, we are making an impact and someday maybe someone will be grateful for the money that we raised. Maybe even someone we know," Walter said.

About half way through their event Walter discovered they have their very own heart hero at Thomson, bringing Jump Rope for Heart even closer to home. At the age of 4, the first grader was diagnosed with an

atrial septal defect. His team of doctors have been monitoring it since and it has not closed, they're planning to fix it April 2017. This year Thomson made a huge wave, surpassing the

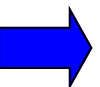
amount they raised last year of \$3,297, surpassing their fundraising goal, and raising a Thomson all time high of \$9,000. Their top fundraiser just so happened to be their heart hero, Johnathan.



**Sue's Retirement Surprise:** Sue Ferguson @ Eldorado Elementary School has supported the American Heart Association every year throughout her career. She has left a lasting impact on the AHA mission and her school's JRFH kick off assembly included a surprise Thank You from the AHA, with close family and friends in attendance.

**16-17 SkyView Academy:** Emily Bishop is the elementary physical educator at Sky View Academy. Her efforts have led to substantial increases in fundraising each year, with this year setting a new school record. With the help of Bethany Rathman and Miles Martin fundraising with the older students, Sky View Academy raised a whopping \$18,000. Students got to silly string Emily as a reward for surpassing their goal. GO Sky View!!!

**Euclid Middle 16-17:** Clint Borrel at Euclid Middle School oversaw the implementation of his school's first Hoops for Heart tournament, which was led by three eighth graders. The students created a simple bracket system for quick elimination games and hosted small fundraising incentives throughout the tournament. They raised an incredible \$1,433 for the fight against heart disease and stroke, and had a blast while doing so! AWESOME job Euclid!





# BRINGING CREATIVITY INTO PHYSICAL EDUCATION



By **Spencer Oswald**  
Student, Colorado  
Mesa University

Imagination and creativity --- these are things people believe help develop and grow society. In one way or another, most teachers try to spark these traits in their students through providing problem solving questions, puzzles, coming up with new ideas, or even just by drawing a picture. That being said, most of the American public believes that the educational system is stifling creative growth. [A 2012 study found that 76% of Americans believe creativity is 'valuable to society'.](#) That same study, found that over 60% think the educational system is not allowing creativity to happen (StrategyOne). That is a surprising statistic to think about. School is a place where kids come to create, discover and explore new ideas, yet most think we're preventing them from doing just that.

In physical education, we can be one of those teachers that can play a leading role in changing this narrative. There are ways to include imagination and creativity in our lessons. I was observing an elementary classroom a while back. The teacher had them play Angry Birds. Where kids could create any tower they wanted with some blocks, rods, and bean bags, then just knock

it down by throwing a bean bag at it. At time, they were more interested in creating and building different things, than knocking it down. 'Hey Mr. Oswald, look what I made.' They were using their imaginations and creativity, while practicing throwing.

Now, for something really out there, we could always play games, in a constructive way. Games in general, are a great way to teach students: to see patterns, develop skills, problem solve, figuring out new ways to make things easier. So why not, give them an opportunity to create their own game. By having students create their own games/ activities, they'll feel more involved and can feel as though they have more of a say in a class. I recently asked an elementary student, 'if they could change anything about PE, what would it be? They replied, 'I want to get to choose what we do, and not be surprised all the time.'

Now, one wouldn't want to play games all the time, as skill development is very important. Though, once in a great while, split them off into small groups, and given random equipment. Instruct them to create a game, use their imaginations, let them just have fun like kids are supposed to. Then in some happen stance, they come up with a really good game, that you've never seen before. One would then have another game to add to the lesson book for a rainy day.

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Extended Campus

continued from [Convention](#) on page 4

and focus on how I can bring forward ways to meet the needs of the students I teach. In addition to the sessions focused on games, dance, and other activities, I enjoyed speaking with university professors and graduate student researchers in my interest areas of pedagogy and motivation.

Another professional highlight was seeing the Colorado professionals who attended and connecting with them about their sessions and interests. I also was able to meet the owner of the equipment company I order from and speak to the office manager who has the friendly voice I speak with over the phone. Small things sometimes bring the greatest joy.

Boston was an exciting city to visit and I was able to fulfill a lifelong goal of visiting our nation's first university and walk the Freedom Trail. Travel in the city is easy with the subway system and its color coded lines. Thank you to the SHAPE Colorado Board for selecting my 5280 Grant Application. Please do apply for travel reimbursement to attend our next National Convention. 5280 is one of the ways SHAPE Colorado gives back to the membership.

## Submission Guidelines

Would you like to submit an article, lesson plan or story to the next issue of the SHAPE CO Newsletter? The submission deadline for the next issue will be August 15

The SHAPE CO Newsletter will be published five times per year. We would like to invite and encourage all of our members to submit contributions for other professionals to view. Articles may be research based (please use proper citations), be program success stories, or be lesson plans that you would like to share with your colleagues. Action pictures or diagrams that go along with your article are always appreciated. All articles will be reviewed by a panel of editors. Authors should indicate in their cover letter if they want the manuscript refereed (blind review) rather than editor-reviewed.

Guidelines and information can be found at: <http://www.shapeco.org/journal.html>

Email any questions to Elizabeth Sharp at [esharp@coloradomesa.edu](mailto:esharp@coloradomesa.edu)