



# SHAPE Colorado Journal



September 2017

Volume 43

Number 1

**Editor/Publisher:** Elizabeth Sharp

**Review Board:** Sue Barnd, Missy Parker, and Jaimie McMullen

## Inside this issue:

<a href="#">The Parachute speaks many languages</a>	2
<a href="#">Professional Development Committee Update</a>	3
<a href="#">Resources for Physical Education</a>	4
<a href="#">Back-2-School</a>	5
<a href="#">Summer news from Central District</a>	5
<a href="#">Jump and Hoops for Heart Report</a>	6
<a href="#">Central District Convention</a>	7
<a href="#">Adapted Physical Education</a>	8



By Shannon Miliken  
*SHAPE Colorado President*

## An End of the Year Wrap Up

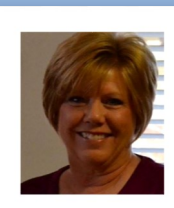
This has been a year of wonderful opportunities for me. There have been some huge changes in my life personally and professionally. Two years ago, when I decided to run for SHAPE Colorado President-Elect; it was a very easy decision. The year leading up to becoming President was exciting and overwhelming. I spent a lot of time talking with other SHAPE Colorado Board

members and SHAPE Colorado members as to what they wanted to see our organization do for them. I developed and fostered networking relationships with other leaders across the nation and used them as sounding boards as I was preparing for how I wanted to lead our organization.

Last October, I started out with very objective goals that I wanted to help our organization achieve. For example, I wanted SHAPE Colorado to have a Beginning Teacher's Conference; I wanted SHAPE Colorado's partnership with the

see [President](#) on page 7

## CONVENTION COUNTDOWN!



By Donna Carey  
*Convention Coordinator*

Welcome back to the 2017-18 school year where you have the opportunity be a Champion for your students, school, community, and profession! What better way to celebrate this than with our state convention October 19-21 at Hotel Elegante in Colorado Springs. Our pre-convention sessions should not

be missed. We have Outrageous Teaching Techniques in Health Education with Deb Trackman, Secondary Sport Education: A Teaching Model That Never Grows Old with Charla Krahnke, Elementary Lit/PE & Math/PE with Joe McCarthy, Creating New Pathways to Health with RMC Health, Elementary and Secondary Teacher of the Year sessions, and Future Professional and Beginning teacher sessions with Collin Brooks, Dennis Docheff, and

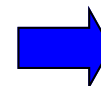
see [Convention](#) on page 3

## Upcoming Dates:

- [SHAPE Colorado Convention \(CO Springs\) Oct 19-21, 2017](#)
- [SHAPE America Central District Convention \(Sioux Falls, SD\) January 25-27, 2018](#)
- [SHAPE America National Convention \(Nashville\) March 20-24, 2018](#)

## 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!!



# THE PARACHUTE SPEAKS MANY LANGUAGES



**By Elizabeth Sharp**

*Associate Professor of Kinesiology,  
Colorado Mesa University*

This summer I had the privilege of returning to Mathare, a slum outside of Nairobi, Kenya. I went with a non-profit group, [She Has A Name](#), that provides education to girls who are in poverty-based prostitution. It is an excellent group and I always enjoy the work that we do in the schools. However, on my last trip, I mainly worked with teachers and did a great deal of professional development. So this year, I made sure to plan for some fun and I packed my parachute.

Life in these neighborhoods is hard. There is no running water, no sewage system, and the city considers the area a landfill and thus dumps trash there. There are no free schools in the area. It costs about \$30 a month for a child to go to primary school (grades 1-8). That is a lot of money when parents make on average \$2 a day. Most of the school fee goes to providing lunch for the children, which is usually the only meal that they get in a day. The



teachers are wonderful, caring people, but they have little teacher training and most are proud they finished high school.

This summer, as I worked my way through the schools, visiting with teachers and smiling at kids, I was eager with anticipation to pull out my parachute. The landscape is full of trash, old tin buildings, and lots of dust. I pulled out my giant, colorful parachute

and laid it on the dirty ground. Immediately, adults around me started wondering what was going on. As the kids exited the school building, they saw the parachute, and their eyes grew huge. They RAN to me and immediately began asking hundreds of curious questions all at once.

Though most of the children only spoke broken English and I spoke no Swahili, we were still able to communicate through the parachute. I would demonstrate with my hands "higher, higher" and they would lift off the parachute. As we made waves, the dust flew all around us. When we crawled into the dome, the air was choked with dirt swirling around us, but each child had a smile on their face. When we finished, the groans of disappointment were loud, but the chatter about that giant, colorful cloth was amazing. I then had the pleasure of leaving my parachute with the school

director so that she could use it again and again.

Play is a universal language and is the innate desire of every child, no matter the situation from which they come. We can break down many barriers with our colorful toys and creative games. Be thankful for your clean gyms, flushing toilets, and full equipment closets which are rare in many parts of the world. And as you prepare your lessons this year, don't forget to include the universal language of play.



# PROFESSIONAL DEVELOPMENT COMMITTEE UPDATE



By John Miller

*Physical Education and Health  
Teacher, Platte Valley Youth Services  
Center*

The SHAPE Colorado  
Professional Development

Committee has been working this year to offer opportunities for our members to learn and develop new skills and methods for quality teaching. Our goal is to provide the best learning experiences and disseminate quality instruction from champions in the fields of physical education, coaching, and health. This

year we are very excited to offer diverse and excellent presenters during our preconvention sessions for the 2017 SHAPE Colorado Convention in Colorado Springs. Even better, both sessions during preconvention will be offered with no additional charge!

One of the presenters is Colin Brooks, a National Board Certified teacher, with 10 years teaching experience who is currently serving on the SHAPE America Board of Directors. Colin is an expert in advocacy, building professional relationships, taking steps towards professional service and leadership, and practical ideas for fundraising to support your programs. Another presenter is Mike Doyle, a Physical Education and Health teacher at Wayzata High School in Plymouth, MN. He is a specialist in Unified

Physical Education, a physical education environment which provides a unique opportunity for students with and without disabilities to come together through ongoing educational and physical activities. Our last presenter is Dr. Dennis Docheff, who currently teaches at the University of Central Missouri. Dennis has experience teaching and coaching at the elementary, middle school, high school and university levels.

The Professional Development Committee is offering a great experience to learn from the best. This is a special opportunity to gain new knowledge and work with other professionals in the field. During lunch between sessions, we are excited to announce the American Heart Association will present methods for incorporating Jump Rope for Heart and Hoops for Heart Programs in your school and how you can make a difference for your students. Please consider joining us during preconvention at the 2017 SHAPE Colorado Convention to learn, share and connect with your fellow members!

## ADVANCE YOUR CAREER IN PHYSICAL EDUCATION



### Physical Education and Physical Activity Leadership Master of Arts in Teaching

This program will prepare you to thrive as a leader of physical activity, fitness and health promotion. You will also gain advanced knowledge and practices in physical education.

- This MAT can be completed in 21 months (5 terms)
- Fall and Spring semesters are completely online
- Summer courses involve a two week experience on our Greeley, Colorado campus

UNCACTIVESCHOOLS.COM



UNC

Extended Campus

continued from [Convention](#) on  
page 1

Mike Doyle. Wow! Top professionals in our field...hard

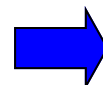
to choose! You won't want to miss our VIP tour of the Olympic Training Center and the Judo Demonstration by Olympic athletes that evening!

The convention sessions are stellar, too! A draft schedule of sessions will be posted on the website soon and final agenda will be available before convention. Adams State University will also be offering graduate credit again this year. Please join us in Colorado Springs for the 2017 SHAPE

## SHAPE Colorado Convention 2017

# WE ARE CHAMPIONS

Colorado annual convention at the Hotel Elegante. Thursday, October 19 is pre-convention workshop; Friday, October 20 and Saturday, October 21 are the convention. If you plan to spend the night in Colorado Springs at the Hotel Elegante please remember to book your room using the SHAPE Colorado conference name to receive the incredible group rate (\$89!) by September 28, 2017. Links for convention registration and overnight accommodations can be found on our website. Don't miss this incredible opportunity!





# RESOURCES FOR PHYSICAL EDUCATION



By **Emily Graves**

*Physical Education  
Teacher, Valley View K-8*

Looking for new content to reach your learning outcomes? Not sure how to teach it? Or just looking for something new and exciting? We are too! After speaking with a group of physical educators who were also looking to answer the questions above, I did my own research. Below I have put together a list of physical education resources. Some of which, you may already know but also some that are new to me too!

•P.E. Central: <http://www.pecentral.org/> P.E. Central is a resource that compiles a collection of physical education and health lessons from physical educators. On their website you can find lessons for all ages categorized by activity, such as basketball, flexibility, STD's, etc.

•P.E. Fun Guy: <http://funpeguy.com/> P.E. fun guy is a physical educator who conducts professional development for physical educators. You can visit his website above, or for social media educators, you can also follow him on Facebook. (<https://www.facebook.com/funpeguy>)

•P.E. Specialist: [https://](https://www.thepespecialist.com/)

[www.thepespecialist.com/](http://www.thepespecialist.com/) The P.E. Specialist's motto is "inspiring teachers to inspire student". Here, you can find free downloads of lessons. Under his resources, you can find helpful information on not just teaching, and managing techniques, but also ways to incorporate technology into your classroom.

•P.E. Links 4 You: <http://www.pelinks4u.org/index.htm> This resource is excellent for lessons on health and physical education., advocacy, sports/activities, state and national standards, as well as a collection of unit plans for all the activities you can imagine!

•P.E. Universe: <http://www.peuniverse.com/> P.E. Universe is "where physical educators come together to share ideas and build community." This resource contains a variety of videos and community chat boards to ask or answer questions.

Lesson plans are free, if you become a member, which is also free!

•Dose Spot - Health Science for Kids: <http://www.dosespot.com/health-science-for-kids> Dose Spot is an interactive resource that focuses on health aspects. Through this website, you can use premade digital assignments for a student assessment

see [Resources](#) on page 8

## ACCELERATE YOUR COACHING CAREER



### SPORTS COACHING MASTER OF ARTS

This online master's was developed in response to the growing demand for high expertise in the field of coaching. Advance your career interests and become a world-class coach who develops high performing athletes and teams.

- Coursework offered online
- Starts every Fall
- One of very few online graduate coaching degrees in the country
- Can be completed in 18 months

**EXTENDED.UNCO.EDU/SPORTSCOACHING**



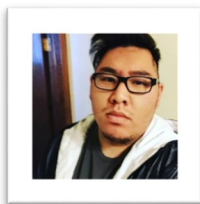
**UNC**

Extended Campus

## BACK-2-SCHOOL

Hello to all current, past, and future physical education teachers of Colorado! It is exciting to be starting a new school year even with the obstacles and challenges that this new school year will bring us. We can choose to either meet these obstacles with answers or we can give up and forget them. However, we are physical education teachers and we don't know the meaning of giving up!

As the 2017 school year comes around the corner let's not forget how we all used to be students in the



**By Thoob Xiong**

*Metropolitan State University of  
Denver Student*

past, many students will come to you with many different problems again or for the first time. As a profession in teaching, we're not students anymore, we have the power to change lives for the better and all it takes is us to listen to our students. A great school year or a mediocre school year all starts with you and your positive energy you provide for your students. For most of us, we are the only time students can really move about and enjoy moving their bodies as they all spend most of their time sitting down. We've all been there as a student, be the change you wanted to see in school, students look up to us

and we all have a duty to respond to them.

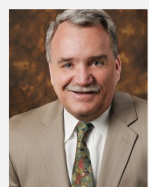
If we all want to succeed in our education system, we must all be on the same team and help each other out. To the physical education teachers with many years under your belts -- the new teachers will need your support. You all have been there and know what it's like to be a first-year teacher. To the new physical education Teachers -- soak up as much as you can, just because you've graduated doesn't mean the education stops. Learn as much as you can from your mentors so that you too will create a bright future for the physical education programs in Colorado.

"As a leader you have to recognize that if all starts with you: your attitude, your commitment, your caring, your passion." - Pat Williams Former NFL Player

## SUMMER NEWS FROM SHAPE AMERICA CENTRAL DISTRICT

One of the absolute best events held by SHAPE America Central District is the Sally Scherrer Leadership Development Summit. The 13<sup>th</sup> annual Summit was held this July in Medora, ND, a tiny town located at the front gate of Theodore Roosevelt National Park.

Sally Scherrer, longtime executive director and past president of Central District, created the event "as a way to develop relationships with our affiliated state executive directors and support the efforts of the new president elects in those states". The Summit is also a valuable opportunity for our District Leadership Council to meet face-to-face to engage in strategic planning toward the support of SHAPE America initiatives. This year, Leadership Council members could attend despite budget



**By Clay Ellis**

*Central District  
President*

constraints thanks to a grant that SHAPE North Dakota received from Sanford Health.

Representatives from Sanford Health attended the event and gave a presentation about a free program called fit4Schools (<https://fit4schools.sanfordfit.org/>), which includes fitness calendars, physical activity breaks (brain energizers), weekly lesson plans and fitness challenges, and a variety of other resources. Amy Heuer, Central District Past-President, chose the theme for this year's Summit, "Finding Your Bully Pulpit." Theodore Roosevelt quotes were used as a theme for each section of the workshop. Participants developed their knowledge and skills for increasing our association membership, advocacy efforts, ESSA state plans, supporting SHAPE America 50 Million Strong initiatives, utilizing technology, and providing

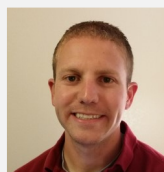
health and physical education professional development. A Theodore Roosevelt impersonator impressed

the attendees with a presentation on how he valued and impacted physical activity, sports, and our national parks during his presidency.

SHAPE Colorado was well represented by Executive Director Terry Jones, President-Elect Lynn Burrows, Central District Leadership Council Member-at-Large Chris Watts, and Central District President Clayton Ellis.



# JUMP AND HOOPS FOR HEART REPORT



By Jason Mondragon

SHAPE Colorado AHA Coordinator

JRFH / HFH Ideas for Success  
Jason Mondragon

Over the past four years I have been able to gradually build my Jump Rope for Heart program from receiving less than \$5000 in donations to over \$20,000 in donations. One of the things I found helpful in building my program is each year trying something new that could be included in addition to what was done the year before. This helps to keep things fresh each year while keeping the students engaged and interested. I have worked on developing new committees and support groups for helping run my program which has really taken the program to the next level. Here are some ideas to hopefully help you build your program.

## Involve the students, Create your own JRFH / HFH club:

I was able to recruit several students from the after-school program at my school who were happy to help and keep busy. One of the things they were able to help me do was take the lanyards and put on the first level initial prize. I also had them make posters, and put up the posters that were in the coordinator packets up throughout the school. I also worked with this group of students to build their own jump team and helped them to build their

jump skills and develop leadership skills. Last, I let the volunteer students help cut out hearts with the name of students who have signed up to go on our heart wall.

**Involve the staff / parents:** One thing that will make your life easier is if you are able to recruit staff and parents to help run your Jump or Hoops for Heart program.

**Staff:** Form a committee of teachers, one for each grade level to help; brainstorm ideas, work with the teachers on integrating in the classroom; work with administration on handling all the money and helping with bonus incentives; ask teachers if they are willing to help with any classroom incentives.

**Parents:** Have them distribute prizes on certain days of the week; set up parent volunteer sign up online for each class for the day of the event; have them help run stations on the day of the event; provide bonus incentives

**Bonus Incentives:** There are many bonus incentives that I have used over the year. Each year gets a little crazier because I keep adding on what the student can get. There are so many special incentives you can do for your school. Just think about what your school may like and get the kids pumped up about it.

Incentives have included: pies for lives, chocolate mud bath, duct tape, classroom parties. One new thing I tried was allowing the class with the highest percentage of students signed up to take a vote on what will happen to principal / physical education teacher if the school reached its goal.

Incentives have been given for signing up online and created a heart wall where students who sign up get to put their name on the wall. I give bonus points in physical education for any class with 75% of the students creating online account has been used.

A special physical education equipment playground bag has been given for the class with the highest online average

**Heart hero:** Without question one of the most important things you can do from year to year is have a heart hero. A Heart Hero is someone who can touch the lives of your students and remind them what this program is really about. Here are some ways you can get a heart hero involved in school

- Have them speak at your assemblies
- Create a video you can share with your heart hero and their message.
- Have students create their own video on someone they know that was effected by heart disease.

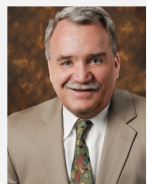
In conclusion, there are so many ways to get your community involved with jump rope for heart as well as keep things fresh from year to year by adding new incentives. I encourage you to try to involve the whole school and community into your next event. Not only will it make your life easier to have the extra help but it will help to build and promote your program. I hope

that I may have given you some ideas that will help you with your Jump / Hoops for Heart program next year!





# SHAPE AMERICA CENTRAL DISTRICT CONVENTION



**By Clay Ellis**

*Central District President*

Central District is currently making plans for the “The Power of Five” — the 2018 Central District Conference, to be held January 25-27 in Sioux Falls, SD. This event is sponsored by Sanford Health and co-hosted by SHAPE South Dakota. The conference venue is just 10 minutes from the Sioux Falls Regional Airport. The 162-acre Sanford Sports Complex includes the Fieldhouse (with 62,000 square feet of field turf) and the Pentagon — home to regional, state, and national sporting events, which include a variety of health, sport science research and athletic development facilities.

We are still accepting session proposals at: <http://www.shapeamerica.org/about/districts/central/conference.cfm>

Our conference theme, “The Power of Five,” is a multi-level concept. First, we have the Sanford Pentagon building, which is a testament to architectural beauty. If you have seen the movie “Hoosiers,” then you can imagine what the main basketball court area looks like. Surrounding the 1960s-inspired court, there are six more basketball courts that will be utilized for our sessions. The surrounding

facilities will provide opportunities to include sessions on ice, tennis courts, field turf, and outdoors.

The second level of our theme includes the disciplines that make up the members of our organization: physical education, health education, physical activity, coaching, and research. Our partnership with Sanford, allows us the opportunity to utilize their expertise in current research on children’s health, athletic preparation and injury prevention, and sports science.

The final level of our theme will be the incorporation of the 2018 Winter Olympics into our activities during the conference. We hope to see you there, and be ready to leave with gold medal-level knowledge!

We’ll also talk about advocacy efforts and share ideas on how to become part of SHAPE America’s 50 Million Strong by 2029 commitment. We hope that by hosting the conference in such an outstanding facility and in such a regionally central location, our SHAPE America Central District members will consider attending and making this the biggest conference west of the Mississippi!

Join us at the 2018 Central District Conference to learn from top speakers and connect with health and physical education colleagues from throughout our region of the country. No matter what your teaching level or discipline, you’ll find sessions of interest! [Register HERE!](#)



continued from [President](#) on page 1

American Heart Association to continue and increase; and I wanted to develop and implement a state strategic plan for our organization to grow and thrive for years to come. What I have learned this year is that it is not just about the tangible, objective outcomes that determine successful leadership, but that formulating and communicating a “WHY” we do what we do, not only for reassurance but for understanding and transparency. This last year for me went from setting objective goals to fostering a collaborative, working environment for other passionate and potential leaders. I wanted them to feel they are capable and confident to continue to lead our organization in the future. As I look back, there is nothing more rewarding than being able to give individuals the opportunity to lead. I learned to delegate work, even though it was done differently than I would have done it, and enjoyed seeing it be successful. I also learned to support other professionals to carry out and complete work that they believed would make our profession shine and grow.

This last year, I have not always made the most favorable decision or done what has been done for years and years, but I do believe that the decisions that have been made have been for the organization's best interests to assist in the growth and momentum moving forward of supporting physical education and health teachers and programs in the state of Colorado.

One of my favorite quotes is by Robert Frost in his poem, “The Road Not Taken”. I choose to believe that it supports individuals like myself -- “Two roads diverged in a wood, and I -- I took the one less traveled by, and that has made all the difference.”

I urge you all to continue to be CHAMPIONS for our

see [President](#) on page 8

# COLORADO ADAPTED PHYSICAL EDUCATION



**By Bryan Wickoren**

*District Adapted Physical Education  
Coordinator – JEFFCO Public Schools*

Welcome back!! Hope your summer was relaxing, enjoyable, and rejuvenated you for the upcoming school year!

**Thank You:** A Big *Thank You* from the educators in Colorado who have been impacted by the labor of love of Bonnie Mendenhall (District 49 in Colorado Springs) and Tia Jensen (JEFFCO Public Schools). Both have are Adapted Physical Educators extraordinaire. Bonnie and Tia retired this spring with a combined 60 plus years in the field of Adapted Physical Education. Students, parents, staff, and communities have celebrated and expressed their gratitude that is beyond words and we now add ours. Bonnie and Tia have left a legacy both professionally and personally that will be tough shoes to fill. We as educators in Colorado are better off having the honor to be having been colleagues of Bonnie and Tia. CONGRATULATIONS Bonnie & Tia, ALL the BEST in you both in your retirement!!

**CDE and APE:** The Colorado Department of Education Adapted Physical Education Advisory Council continues to work towards the Adapted Physical Education Licensure Endorsement for educators in Colorado. The next step is to present to the Colorado Board of Education.

**Using Technology:** Jennifer Herseim, in her article entitled "Adapted PE: Provide greater control, choice with technology" (<http://tinyurl.com/y7pkg722>)

covers Section 504, education technology, and issues related to special education. Use adaptive technology to provide students with more control and choice in physical education and adapted physical education. When embarking on the students with disabilities in your physical education class; this article provides some insight to allowing for choices for those students.

**Upcoming events:** The inaugural Colorado High School Adapted Soccer Tournament date has been set for Wednesday, September 27<sup>th</sup>, 2017 at Trailblazer Stadium and Creighton Middle School. To register to click here: <http://tinyurl.com/y8aoh7jq>

**SAVE the DATE** for the, the second annual Colorado High School Adapted Basketball Tournament on Thursday, January 18<sup>th</sup>, 2018 at Gold Crown Field House. Information will be sent out in December.

**Focus on ability:** We as educators in Colorado must continue to provide equitable curriculum to those students with disabilities, focusing on developing healthy lifestyles for ALL students. As both general physical educators and adapted physical educators, we must provide curriculum and work 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. When working with students with disabilities a few things help:

Be creative

Ask them what they would like to do,

Focus on the student's ability not the disability!

continued from [President](#) on page 7

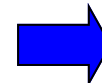
students, our schools, our communities, and our profession in Colorado and across the nation. Please continue to fight for what we believe in, even though sometimes our road is less traveled, misunderstood or unfavorable. Remember, WHY we do what we do, even though it may vary from person to person. We, ultimately, have a similar goal that what we are doing and why, is what is best for our students and our children.

It has been an honor and a privilege to serve as your President this last year. Thank you for the opportunity to advocate for you, be present in the moment with you and celebrate with you. Thank you for being CHAMPIONS every day for our students, our schools, our communities, and our profession

continued from [Resources](#) on page 4

or for practice. It includes subjects such as the human body, nutrition, exercise, and substance abuse.

• "Teaching like a Pirate" David Burgess: <http://daveburgess.com/> Unlike the other resources, "Teaching like a Pirate" is not a physical education resource, but [rather](#) a resource for increasing student engagement. After speaking with a 38 year veteran physical educator, he suggested this book. As he explained, it incorporates new points of views and demonstrates that teaching of any content can be done through a show. David Burgess, author of "Teaching like a Pirate" is a motivational speaker and author, who specializes in student engagement. To see further examples of what "Teaching like a Pirate" is like before you buy the book, check out his Ted Talk : <https://www.youtube.com/watch?v=S-c3-tdSo6s>





# LOVE TO TEACH DANCE?



## DANCE EDUCATION MASTER OF ARTS

Blend your teaching talent and your passion for dance into the Dance Education Master's Degree. In this program, you will be able to build on your teaching strategies, develop theoretical knowledge as it relates to teaching and learning, and develop your dance/movement skills.

*Change your career, change your salary, change your life.*

**EXTENDED.UNCO.EDU/DanceEd**



# UNC

Extended Campus



## 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 November 1

The SHAPE CO Newsletter is 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)