

SHAPE Colorado Journal



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Editor/Publisher: Elizabeth Sharp
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WELCOME TO SHAPE COLORADO



By Lynn Burrows
SHAPE Colorado President

Greetings SHAPE Colorado,

As your new president I want to welcome each of you to what I believe is one of the best organizations we may ever join. I say this without any embellishment or exaggeration. I believe wholeheartedly in our SHAPE Colorado mission, "Coloradans Living Healthy and Physically Active Lives." This mission statement aligns with what we try to accomplish in



our jobs every day. Whether we teach kindergarteners to develop the skills they need to

see [President](#) on page 11

2017 CONVENTION...OUTSTANDING!



By Donna Carey
Convention Manager

Thank you to everyone who attended, presented and exhibited at the 2017 SHAPE Colorado annual convention at the Hotel Elegante in Colorado Springs. Wow! What an incredible convention! The pre-conference sessions were outstanding, well attended, and received rave reviews. Some of my favorite conference highlights included the productive

Legislator Breakfast, Skanking (Reggae dancing), Drumming sessions, and the heartfelt acceptance speeches from the awards dinner. The Friday breakfast, sponsored by The Colorado Health Foundation, was a welcome surprise. Can you believe all of the PE equipment we were able to give away thanks to Sportime/Spark, Gopher, and many of our exhibitors? Amazing!

While I love to savor success, I am eager to start planning the 2018 annual convention. To put on another (dare I say, even better) convention, we need

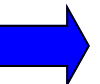
see [Convention](#) on page 4

Upcoming Dates:

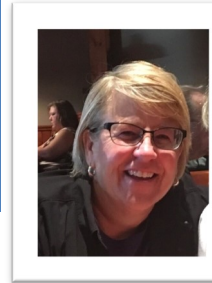
- [SHAPE America Central District Convention \(Sioux Falls, SD\) January 25-27, 2018](#)
- [SHAPE America National Convention \(Nashville\) March 20-24, 2018](#)

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!!



BUILDING THE WHOLE CHILD—ONE JUMP ROPE AT A TIME



By **Pam Rogers**
Denver Public Schools

Jump ropes, a common sight on playgrounds and in physical education, are becoming an unlikely symbol of Denver Public Schools (DPS) core values – and contributing to building the whole child.

For over 20 years, DPS has organized a Jump Rope League, in which hundreds of elementary and middle school students have participated. There are jump rope teams at schools across the district, and the Arts and PE Department hosts an annual jump rope competition to help students improve not only their physical fitness skills, but their emotional wellness skills.

“We have seen an incredible impact on students’ leadership skills, social behavior, cooperation, perseverance and inclusiveness,” said Capucine Chapman, director of the Arts and PE Department. “This long-running program has given rise to quite a few community leaders.” Cherokee Ronolo-Valdez, a senior and Boettcher Scholarship winner at South High School, participated on Asbury Elementary’s jump rope team as a young student. “I learned to overcome various situations, and to work with many different individuals. My time on the team encouraged me to always be active in my school, whether that be through sports or other activities, and I am beyond grateful for the experience,” said Ronolo-Valdez.

The Arts and PE Department recently hosted a jump rope camp for approximately 35 students, who came from all areas of Denver to further their jump roping skills through working with youth mentors from Littleton’s nationally-recognized Jumping Eagles Jump Rope Team. Through this collaboration, DPS students left with confidence, skill acquisition and excitement to share their

newly acquired skills with their teammates.

One physical educator shared the story of Rachel*, a shy student in middle school who had no previous experience with school clubs and teams. When her P.E. teacher organized a Jump Rope Club, Rachel signed up and found the experience very rewarding. “She was glowing...she said it was so much fun and she looks forward to the competition.”



Clubs and youth organizations are valuable opportunities for students to learn skills including critical thinking, identity exploration, teamwork, and leadership

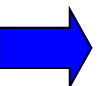
opportunities. At Brown International Academy, a young Jump Rope Club member said, “I love being a part of the Jump Rope Team. I’m always more excited for school on days when I have jump rope practice.”

Paul Stehle, physical educator and Jump Rope Coach, explained that at Carson Elementary, staff are always looking for ways to get kids moving. “Jumping rope has proven to be a great fit. Since we introduced a morning club, our students have really embraced the activity showing strong interest in the 2-day-a-week program; almost a quarter of our students have signed up,” said Stehle.

Parent Colleen Nyhus knows how strong the impact of clubs and youth organizations. Nyhus’ daughter Mikaela*, who is now 16 years old, participated in a Jump Rope Club in elementary school. Nyhus says the experience gave her daughter courage, self-confidence, sportsmanship, teamwork skills and perseverance. Nyhus and her daughter continue to stay connected by being League volunteers.

Providing opportunities for students to participate in physical activities such as the DPS Jump Rope League builds strength on the inside and on the outside. The district appreciates the hard work of the coaches, without their time and commitment, students would not have such a life changing experience.

*Some student names changed to protect student privacy.



2017 AWARD WINNERS



By **Emily Graves**
Recognition Chair

Thank you to all that came to the awards dinner this past

convention. We were excited to have you and appreciate you taking time to honor our award winners. This year, we were able to award 12 excellent educators who have made in difference in our profession. The following are SHAPE Colorado's 2017 award winners:

- Jioni Reliford - Young Professional Teacher of the Year
- Melissa Tank - Elementary Physical Education Teacher of the Year
- Murray Wallace - Middle School Physical Education Teacher of the Year
- Kyra Ruscio - High School Physical Education Teacher of the Year
- Marissa Dobrez - Health Education Professional of the Year

- Bryan Wickoren - Adapted Physical Education Teacher of the Year
 - Jennifer Krause- University Physical Education Teacher of the Year
 - Hillary Franks - Graduate Student Research Award
 - Jim Thyfault - Athletic Director of the Year Award
 - Bonnie Mendenhall - Joy of Effort Award
 - Tia Jensen - Joy of Effort Award
 - Chris Mayes - Distinguished Service Award
 - Melissa Parker- Presidential Citation
 - Christina Sinclair- Presidential Citation
 - Mark Smith- Presidential Citation
- Congratulations to all our award winners! If you know someone that goes above and beyond for students, and our profession, please nominate them for a 2018 SHAPE Colorado Award. The award criteria can be found at SHAPE Colorado's website (<http://www.shapeco.org/awards/>).



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CAN BE COMPLETED IN TWO YEARS

This program is a total of 36 credits that can be taken over two academic years and two summer sessions.



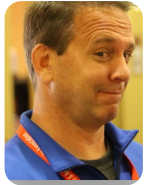
**UNIVERSITY OF
NORTHERN COLORADO**

Extended Campus

PROGRAM COORDINATOR:

christy.oconnellblack@unco.edu
sandra.minton@unco.edu

TERRY'S CORNER



By Terry Jones

Executive Director

Dear Members,

2017 has been a great year so far for SHAPE Colorado. Thank you for being a huge part of the organizational success.

ESSA State Plan

SHAPE Colorado continues to be an active member in development of the Colorado Every Student Succeeds Act state plan. At the moment, the Colorado Department of Education has received feedback on the proposed state plan and is in the process of replying to the United States Department of Education. We are actively lobbying

decision-makers to fund Title IV programming that can be used to support health and physical education programs.

Colorado Healthy Schools Professional Development Alliance

In an effort to strategically collaborate with over 30 statewide partners, SHAPE Colorado has been participating in the Colorado Healthy Schools Professional Development Alliance. Through this partnership we're excited to announce that we have secured funding for our members to participate in professional development across the state of Colorado. More information regarding these professional development opportunities can be found on the SHAPE Colorado website.

Colorado Comprehensive Health and Physical Education Standards Revision

SHAPE Colorado board members spent tireless days over the summer leading the revision of the Colorado Health and Physical Education State Standards developed in 2009. Members are encouraged to provide feedback on the

revisions of the Colorado standards on the Colorado Department of Education website. <http://www.cde.state.co.us/standardsandinstruction/casreview-publicfeedback>

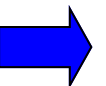
2017 SHAPE Colorado Convention

The 2017 SHAPE Colorado Convention, held in October, was a huge success. We would like to congratulate Donna Carey, the SHAPE Colorado Convention manager, for spearheading the three-day event. We would also like to thank our SHAPE Colorado board members who put in long days to make this entire event possible. Also, a huge thank you to the presenters who shared such great content with the entire state. Finally, we would like to thank the over 300 participants whose passion and excitement shined through. It was great to see teachers from across the state learn new skills, connect with old friends, and create new friendships. We look forward to seeing you at the 2018 SHAPE Colorado Convention to be held in Aurora on October 4th-6th.

continued from [Convention](#) on page 1

your help. A post-convention survey arrived in your email box recently and I am asking that you PLEASE fill it out. We need your feedback on social functions, content for sessions, feedback on growing our digital presence, and membership. Is there a topic we should address? A session that we should bring back from a previous conference? The post-convention survey is your opportunity to speak up. We are only as good as the information we have, so please share your thoughts, suggestions, and comments with us.

Please save the dates of October 4-6, 2018 for next year's convention which will be held at The Radisson Hotel Denver Southeast!



JUMP AND HOOPS FOR HEART PARTICIPATING SCHOOLS 2016-2017

A Academia Sandoval Elementary (Hunter Kovalski); Achieve Academy at Bertha Heid (Don Hergenreter); Adams Elementary School (Bryan Benefield); Alsup Elementary School (Emily Woodward); American Academy – Motsenbocker (Kelsey Matthews); Animas Valley Elementary School (Stacy Hendrickson); Appleton Elementary (Jill Reetz); Arkansas Elementary (Cynthia Kuchar); Arrowwood Elementary (Lauren Smith); Aspen Academy (Mike Koral); Aspen Creek K-8 (Pete Villecco); Aspen Elementary School (Jared Thompson); Aspen Ridge Preparatory School (Brandin Torbeck); Audubon Elementary School (Shawn Tarver); Ave Maria Catholic School (Julie Dockery); Avon Elementary (Mark

Blickenstaff); **B** Baca Elementary School (Naomi Reyes); Basalt Elementary School (Carol King); Bea Underwood Elementary School (Sarah Kinsey); Beaver Valley Elementary (Catherine Hodgson); Belmar Elementary School (Jon Kinner); Benjamin Eaton Elementary School (Michaelene Powell); Bennett Middle School (Christopher Stemo); Bergen Valley Elementary (Robert Wright Sylvie McMenamin); Bill Roberts School K-8 (Keegan Nadon); Bradford Elementary School (Kaylon Anderson); Brantner Elementary School (Angie Kiefer); Bristol Elementary School (Tricia Wissinger); Bromley East Charter School (Eric Heinz); Broomfield Academy (Julie Shelley); Brush Creek Elementary (Shelli Fullhart); Buffalo Ridge Elementary

(Ronda Gutierrez); **C** Cactus Valley Elementary School (Nate Barth); Campbell Elementary (Angela Gilbreath); Caprock Academy (Katie Shamblin); Carrie Martin Elementary School (Debbie Luithly); Carver Elementary School (Berdell "Kenny" Lindsey); Castro Elementary School (Michael Whittlef); Centennial Elementary School (Brian Gerwig); Centennial Elementary School (Kyle Mills); Centennial Elementary School (Roxann

Serna); Central Elementary School (Mona Ontaneda); Cesar Chavez Academy-Pueblo (Carlos Lopez); Chappelow Magnet School (Tia Ziegler); Chatfield Elementary School (Jacob Royster); Cherokee Trail Elementary School (Michele Whittingham); Cherry Drive Elementary School (Jacob Davis); Chipeta Elementary (Paul Hughes); Christ The King School (Matt Bergles); Cimarron Middle School (Hector Diaz); Clayton Partnership School (Adam Scott);

Thank You

Clifton Elementary School (Sarah Schnetzler); Coal Creek Elementary School (Travis Maron); Cole Arts and Science Academy (Tyler Crippen); College View Elementary School (Avery Koch); Colorado Springs School (Robin Jacober); Columbian Elementary School (Bill Arrell); Columbine Elementary School (Joseph Ashley); Compass Montessori School (Sonny Zwierkowski); Coronado Hills Elementary School (Melissa Tank); Cory Elementary School (Brent Conklin); Cotton Creek Elementary School (Matt Obernesser); Cowell Elementary School (Colleen Nyhus); Coyote Ridge Elementary (Debbie Luithly); Creekside Elementary School (Paul Lealman); Crown Pointe Academy

(A J Varner); **D** Deer Trail School (Kirk Leslie); Dennison Elementary School (Lisa Land); Denver Jewish Day School (Jordana Weinberg); Denver Language School-West Campus (Ashley Glocke); Dillon Valley Elementary (Caitlin Steele); Dolores Elementary School (Brooke Elder); Doral Academy of Colorado (Emily Hoch); Doull Elementary

School (Jamie Mercier); Dry Creek Elementary School (Stephanie Hanson); Dual Immersion Academy (Jim Haas);

E Eagle County Charter Academy (Tanya Dixon); Eagle Valley Elementary School (Trina Ehrenberg); Eagleview Elementary (Kathy Hogan); East Elementary School (Ryan Olson); Eaton Elementary School (Sheri Carlson); Edison Elementary School (Amber Marsh); Edwards Elementary School (Dianne Coombs); Elbert Elementary School (Milton Gilbert); Eldorado K-8 School (Jeremy James); Emory Elementary School (Callie Hainzinger); Estes Park Elementary (Aaron Breidegam); Evergreen Middle School

(Mariel Carlin); **F** Fairmount Elementary School (Darci Smerchek); Falcon Elementary School (Melissa Ardolf); Fitzmorris Elementary School (David Mauler); Flagstone Elementary School (Eric Heller); Flynn Elementary School (Melissa Garcia); Fort Lewis Mesa Elementary School (Chrysti Crittenden); Foundations Academy (Annie Johnson); Fowler Elementary (Jennie Larson); Franklin Elementary School (Ryan Smith); Franktown Elementary School (Ryan Peacock); Freedom Elementary (Jerry Wilson); Fremont Elementary School (Wendi Heffner);

Fruitvale Elementary School (Herman Gutierrez); **G** Garden Place Academy (Adam Smith); Genoa-Hugo School (Ryan Clark); Gilpin Montessori (Richard Trujillo); Glennon Heights Elementary School (Jon Kinner); Globe Charter (Kassandra Erbaugh); Governors Ranch Elementary School (Gary Anderson); Green Gables Elementary (Elizabeth Miner); Green Valley Elementary School (Brian Kennedy); Guardian Angels School (Kerry Cote); Gypsum Elementary

School (Mark Bernhardt); **H** Hackberry Hill Elementary (Heath Austin); Harris Park Elementary School (Anthony Bendever); Haskin Elementary School (Janine Hurst); Heatherwood Elementary School (Beth Cendali); Henderson Elementary School (Dan Doehler); Heritage Elementary School (Scott Lane); Heroes Academy (Matt Vertovec); High Plains Elementary School (Jason Herrera); High Tech Elementary School (Patricia Fiorelli); Highland Elementary School (Adam Michaelson); Highland Park

see [AHA Schools](#) on page 7

WE WANT YOU!

I'd like to introduce a new opportunity at SHAPE Colorado. We have started small task forces to complete new innovative SHAPE Colorado projects. The goal of these task forces is to increase SHAPE Colorado's capacity toward implementing our mission, and to build leadership opportunities for members. These task forces will be for those of you who have an area of expertise or a particular passion that you are willing to share. The projects will each have a few members working together, meeting remotely through email or an online meeting platform.

At SHAPE Colorado we have lofty goals and great ideas for the next steps for SHAPE Colorado and we know our members have great ideas too. We would like to hear your ideas and see them implemented. Most of all, we'd like you to have the opportunity to make these ideas happen.

If this sounds like something you might be interested in, then fill out the [Google form](#). We will get back to you within a week.

Some task forces that have already started are:

1. Teacher Highlight- we have some teachers doing amazing things in our state. We would like to see you highlighted. Email me if you would like your program highlighted in an upcoming article. Lynn@SHAPECo.org
2. Advocacy slide presentations



By Lynn Burrows
SHAPE Colorado
President

for you to present to your school board or community on the importance and validity of physical education and health.

3. Teacher of the Year Video Interviews

Some other task forces we are looking for people for, are:

1. Creating a public service announcement (commercial) letting people know about SHAPE Colorado.
2. Creating Infographics teachers can download from our website, print off and put up around their buildings.
3. Funding ideas
4. Click on the link to learn of other ideas



You may have other ideas that aren't listed. Please share them with us and let's get started implementing them! You know your interests and your skill set, you may be just the person we are looking for to make a difference in Colorado students' lives. Perhaps you are just looking for a small way to make the world a better place, I encourage you to take the risk. I believe this work will be greatly rewarding. Getting to know and work with other passionate professionals from around the state is a great opportunity to build your network. Who knows, this could be your first step toward making a change in students' lives around the world! [TASK FORCE SIGN UP](#)



SCHOOLS

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2017 CONVENTION PICTURES

continued from [AHA Schools](#) on page 5

Elementary (Kelsey Massaro); Hillcrest Elementary School (Sean Seifarth); HMS Richard Adventist School (Kari Lange); Holly Elementary School (Dusty Heck); Holly Ridge Primary School (Sarah DiCroce); Homestake Peak K-8 (Monica Larrabee); Hudson Academy of Arts & Sciences (Greg Sampson); Hutchinson Elementary School

(Jessica Popejoy); **I** Imagine Charter School at Firestone (Jacob Phillips); Irish Elementary School (Mark Bartlett); Irving Elementary School (Chris Markert); Ivy Stockwell

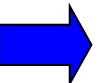
Elementary School (Tai Mayes); **J** Jefferson County Open School (Rosie Durbin); Jewell Elementary School (Cathy Mulqueen); Johnson Elementary School (Matt Imus); Jordahl Elementary School (Jeremy Mercer); June

Creek Elementary (Garrett Cora); **K** Keller Elementary (Claire Strong); Kemper Elementary School (Paula Podgornoff); Kohl Elementary School (Maria Mischke);

L La Junta Intermediate (Ivan Pacheco); La Veta Elementary (Rod Falk); Landmark Academy (Jessica Rosebrook); Laredo Elementary School (Leann Hepburn); Lasley Elementary School (Dawn Pride); Lawrence Elementary School (Dave Brigman); Legacy Academy Charter School (Maggie Chamberlain); Lewis-Arriola Elementary School (Sarah Merlino); Limon School (Andy Love); Littleton Academy (Jim Graeber); Loma Elementary School (Amy Hassler); Longs Peak Middle School (Megan Fruvellhoff); Lord Of Life Lutheran (Kyle Fax); Loveland Classical Schools (Evan Willis); Lukas

Elementary School (Jesselyn Sutter); **M** Madison Elementary School (Meagan Reliford); Maplewood Elementary (Cindy Brauck); Marshdale Elementary School (Chris Chambers); Martinez Elementary School (Libby Holshue); Maxwell Elementary School (Chad LeLand); McElwain Elementary School (Laurie Gaudreault); McKinley-Thatcher Elementary (Michael Maul); Mead High School (Chad Eisentrager); Meeker Elementary School (Cody Smith); Meridian Elementary School

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ADVOCATE FOR YOUR PROFESSION

Thank you to everyone who attended the Legislative Breakfast on Saturday at the SHAPE Convention. It was amazing to see so many dedicated professionals. The Legislative Breakfast is open to everyone and is a great opportunity to let our legislators know all of our successes and our challenges. SHAPE Colorado holds this event annually at the convention.

The Chair of the Senate Education Committee, Mr. Owen Hill (R-Colorado Springs), and a member of the House Health Committee, Lois Landgraf (R-Widefield) attended the breakfast. SHAPE members shared their stories. Senator Hill and Representative Landgraf were interested in what physical education looks like in today's world. Many legislators remember their physical education experiences, not necessarily with fondness. They do not realize how much our profession has changed and that we work on skills, concepts, social and emotional skills, and making connections to other academic content. Senator Hill invited SHAPE Colorado to give a 15 minute presentation to the Education Committee. This is a rare opportunity, one we do not want to allow to slip away.

Since Representative Terri Carver (R-Colorado Springs) was unable to attend the Legislative breakfast, the SHAPE Advocacy Committee scheduled an impromptu meeting with her. Representative Carver was very concerned about Senate Bill 191 (Teacher Effectiveness Evaluation) and how it was working. We spent the majority of our time with her discussing it. In addition, we highlighted that not all Colorado students are getting the same physical education opportunities as other students and that the childhood obesity rate in Colorado is not declining.



By **Debbie Luithey**

Advocacy Chair

We Need You! The SHAPE Colorado Advocacy committee is working on creating a presentation for the Education Committee. Please consider filling out the Google Form found on the link that follows, asking for information regarding where you teach, contact hours, graduation requirements, and your personal story. On average, it should take about two minutes of your time to complete. Google [Form](#).

Advocating for our profession is our responsibility. If we do not do it, who will? Advocating does not mean that we will need to give up our lives or our personal pursuit of

happiness. Sharing your story and document student learning will take two minutes. We value your feedback.



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BRIDGING THE CREDIBILITY GAP



By **David Yonkie**

*K-12 PE Coordinator,
JeffCo Public Schools*

in quality physical
education programs

What Every Physical Education Teacher Wishes Principals, Instructional Coaches, and Evaluators Knew About Their Work

Does your building principal, instructional coach, or evaluator really understand your work? Do they appreciate how your work in the gym or on the field is the same, yet different than that of the classroom teacher? Do you sometimes wonder if they know which teaching and learning attributes to look for when conducting an observation? Frequently, those most responsible for evaluating and supporting your professional growth are least familiar with your work because the context from which your work is viewed is seen through the lens of their own past professional experiences; almost always as a classroom teacher. While it's true the elements of good instructional practice tend to cut across all subject areas, there are subtleties distinct to good physical education instruction that might go unnoticed or unappreciated to the "untrained" eye. Sometimes this leads teachers to question the credibility of the evaluator, or have a less than enthusiastic response to professional growth suggestions, even if it's good advice!

As professionals, we all play an important role in educating evaluators about our programs and what constitutes good, quality instruction. In JeffCo, physical education teachers realized if they wanted fair, credible, and actionable growth producing feedback, they would need to take the initiative to create an open dialogue between themselves, their building principals and instructional coaches. What we didn't expect was the level of openness and interest coaches and principals would have in learning more about our practice! As we set about engaging our principals and instructional coaches, we discovered they were just as enthusiastic about learning more about our content as we were to share that knowledge. After all, principals, coaches and evaluators all want to be perceived as being competent. This mutually shared interest

formed the basis for respectful, productive, and professional work.

This article offers simple tips you can take that can lead to constructive professional growth dialogue, deepen your evaluator's understanding of your work and help bridge the "credibility gap."

Know Your School or District Teacher Evaluation Rubric

Most, if not all school districts, evaluate teacher effectiveness using some form of an evaluation rubric that lists the characteristics of highly effective teaching. Evaluation rubrics serve to focus observers' attention on the attributes that constitute high quality instruction. The JeffCo teacher evaluation rubric is organized around three broad areas: professional Preparation (planning/lesson design), professional technique (instruction), and professional responsibilities (ongoing professional learning). Not surprisingly, the qualities on a teacher evaluation rubric tend to reflect observable behaviors in more traditional, classroom settings. However, the rubric can serve as a common grounding document to engage in conversation about what each attribute might "look and sound like" in your physical education classrooms. By identifying and communicating specific "look for" behaviors for each attribute, you are not only deepening your own understanding of high quality instruction, but that of your evaluators as well. The JeffCo "look for" document provides explicit examples of each attribute on the teacher evaluation rubric. Principals, coaches, and other evaluators can refer to the examples on the "look for" document whenever they're unsure how a particular behavior might look and sound. Creating a "look for" document using the teacher evaluation rubric is an excellent way to begin communicating best practice approaches in your gym. Click [here](#) for an example of the JeffCo Physical Education Teacher Look For Evaluation document.

Get 'Em in Your Gym!

Is the only time your principal in your gym when it's time for your observation? Is it really fair to expect a good, quality, growth producing evaluation when they're only in your gym for the one lesson needed to complete your evaluation? Good principals and instructional coaches know they gain a deeper understanding of your work when they spend more time in your gym. Have a great lesson or activity you wish your principal could see? Invite them to come watch and listen, or better yet join in on the learning! These less formal visits can provide perfect opportunities to showcase some of your great work and engage them in conversation about your best practice approach to instruction. By taking the initiative to encourage your principal to visit outside the more formal observation time, you're conveying that you value their feedback and you're running a quality program all the time; not just when they're formally evaluating your work.

Partner With Your Building Level Resources

Who are the building based resources you go to for professional feedback? Who are the "thought partners" you seek out for advice? In JeffCo, we are fortunate that most of our elementary and many of our middle and high schools have instructional coaches. The instructional coach is a trusted leader whose job it is to support teacher effectiveness across all content areas. Instructional coaches rarely come from an art, music or physical education background. Recognizing that limited professional experience in these content areas can lead to credibility questions, coaches and physical education teachers worked together in a collaborative spirit to create an "essential knowledge" document that underscore best practice approaches in physical education. The "essential knowledge" document that came from this work is aligned with the teacher evaluation rubric and widely recommended practices of NASPE and SHAPE America. As coach and physical education coordinators collaborated, each gained a deeper understanding and respect for one another's work. Before school started in August, Art, Music, Physical Education and coach coordinators planned and delivered a professional development session

see [Credibility](#) on page 12

continued from [AHA Schools](#) on page 7

(Michele Smith); Mesa Elementary (Jacy Bruno); Mesa Elementary School (Janelle Young); Mesa View Elementary School (Sharon Fisher); Miami-Yoder School (Jim Dechant); Mission Viejo Elementary School (Bruce Anthony); Monaco Elementary School (Diane Preisser); Monroe Elementary School (Ryan Williams); Monterey Elementary School (Beverly Jacobs); Morgan June Elementary (Morgan June); Most Precious Blood School (Donna Simington); Mountain Ridge Middle (Tricia Barajas); Mountain View Elementary (Tyler Gallas);

Mountainside Elementary (Mary Thomas); **N**

Namaqua Elementary School (Ryan Williams); Newlon Elementary School (Carolyn McCrary-Bowman); North Elementary School (Miles Higginbotham); North Routt Community Charter School (Lori Raper); Northern

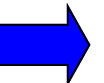
Colorado Christian Academy (Amanda Hoffman); **O**

Oak Creek Elementary School (Emily Rikli); Olathe Elementary School (Kristal Benson); Options School-Cherry Creek (Mary Ann Bess); Options School-New Life (Mary Ann Bess); Our Lady of Fatima School (Jim

Stevens); **P** Pagosa Springs Elementary School (Lindsey Kurt-Mason); Palmer Lake Elementary School (Bret Mischlich); Park View Elementary School (Justin Novosel); Parkview Elementary School (Jamie Trusa); Parr Elementary School (Justin Barker); Pear Park Elementary (Nick Moseley); Peiffer Elementary School (Holli Swanson); Pennock Elementary School (Joe Jennings); Peyton Elementary School (Kelley Corsten); Pikes Peak Prep (April McGee); Pine Lane Intermediate School (Ryan Kolb); Pine Ridge Elementary School (Mary Beth Billingsley); Pinnacle Charter Elementary (Julie Redin); Plainview School (Vincent Koeller); Platte Valley Elementary (Rhett Morgan); Pomona Elementary School (Chuck Terrell); Pope John Paul II Academy (Patrick Gordon); Prairie Heights Elementary (Kathy Alvarez); Prairie View Middle School (Nate Shaver); Pueblo County High School (); Pueblo West High School (Tristyn Hauck);

see [AHA Schools](#) on page 14

2017 CONVENTION PICTURES



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OUTRAGEOUS TEACHING TECHNIQUES IN HEALTH EDUCATION



By Deborah Tackmann

Eau Claire, WI

Colorado Educators Learn New Health Education Activities

I had the amazing opportunity to work with extraordinary professionals at the 2017 Colorado SHAPE convention. I was honored to be asked to keynote as well as present multiple “Outrageous Teaching Techniques in Health Education” workshops that were high energy, interactive, and hands-on. These health education sessions empowered professionals with the knowledge and skills they need to engage learners in the 21st century. Using colored string, fishing lures, hair gel, balloons, and as well as a plethora of other modalities, enabled the teacher to engage in as well as create cutting edge activities that are kid tested and approved.

A minimum of 10 lessons and activities per session were demonstrated that included critical thinking, differentiated learning, brain based learning and other relevant and up to date teaching methods and ideas that are based on the *National Health Education Standards*.



We had a lot of fun participating in new and dynamic teaching techniques that are relevant and exciting for both the teacher and the learner! Colorado educators are amazing, dedicated, and hard working professionals and I was grateful to be part of the Colorado SHAPE experience.

move without bumping into classmates or work with 10th graders on developing personal fitness goals, our end goal is to make a difference in our students’ lives.

At SHAPE Colorado, we share this ultimate goal of making a difference in lives. When students attend our classes, they not only develop knowledge and skills that will eventually allow them to lead healthy and active lives, they also gain the powerful message from us that we care about their future. Daily, we build relationships with our students by ensuring that when they come into our gymnasiums or classrooms they know that we will do everything within our power to not only keep them emotionally and socially safe, but we will help them develop the skills and knowledge they will need to make healthy social/emotional decisions.

I commend each of you for pouring yourselves into your jobs. How can we resist, but to do our best by our students, for their very future lives depend on it! Our goal, building students who are living healthy and active lives, isn’t just for this one period, or this one semester. We know that we want our students to continue living healthy and active lifestyles throughout the entirety of their lives.

SHAPE Colorado is our organization, our Society of Health and Physical Educators. Our members are shaping young Coloradans to have the confidence and competency to live healthy and physically active lives, which is indeed a worthy cause.



focused on the unique teaching and learning aspects of our content area for building based coaches. The session was well attended and received. Coaches appreciated the opportunity to learn more about content areas in which they were less familiar. As coaches and principals increase their knowledge of best practice in physical education, their “cred” with physical education teachers increased correspondingly. What “key” elements of your program are important for your principal and instructional coach to know, and how will you communicate those elements? The “essential knowledge” document can provide a framework for coaches and physical education teachers to engage in thoughtful dialogue. Click [here](#) for a copy of the JeffCo Physical Education Essential Knowledge document.

Leverage Your Professional Membership Benefits

Your membership in professional organizations such as SHAPE America and our state chapter, SHAPE Colorado, provide you with numerous benefits and resources you can use to help educate your building Principal and instructional coaches about the importance of your work. One document that first year JeffCo physical education teachers have found particularly powerful is the NASPE document, [How Can I Demonstrate I’m an Effective P.E. Teacher?](#) This document breaks down high quality physical education instruction in simple, easy to understand terms, and provides an excellent conversation starter for constructive pre and post observation conferring. Another great resource is the [SHAPE America Appropriate Instructional Practices Grid](#). This document

includes side-by-side examples of developmentally appropriate and inappropriate practices in grades K - 12 organized around five components: learning environment, instructional strategies, curriculum, assessment, and professionalism. By offering resources in conversations with building principals and coaches, you are not only helping to increase their knowledge and understanding of your work, but also conveying your commitment to continuous self-improvement. Your principals will appreciate the initiative!

Physical education teachers, building principals, peer evaluators, and instructional coaches all share a common interest in supporting and delivering the best possible physical education experience for their students that results in student learning. Many principals, coaches, and other evaluators come to their roles through traditional, academic, classroom experiences and often lack real, personal and professional experience in quality physical education programs. This lack of practical experience can sometimes lead to “credibility gaps” when it comes to supporting physical education teachers and their programs. Physical education teachers play a significant role “educating” evaluators on what great instruction looks and sounds like in their classrooms. When physical education teachers are open to suggestion, reflective and collaborative in their work, students benefit. How will you go about creating positive relationships that result in a deeper understanding of your work?



A NEW WAY OF THINKING: MINDFUL PHYSICAL ACTIVITY



By TJ Exford and
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Alabama State
University

This article is being published as a research article that went through a blind peer-review process.

The purpose of this article is to discuss the potential usefulness of mindfulness meditation as a part of college physical activity courses to increase physical activity and reduce stress. Mindfulness meditation is a westernized secular development of the Buddhist practice of mindfulness meditation. The strategies of the Mindfulness-Based Stress Reduction (MBSR) program were developed from the Buddhist principles of mindfulness meditation—to relieve suffering and support compassion in the universe. Mindfulness refers to a meditation practice that cultivates moment to moment awareness of internal and external conditions. This moment to moment awareness incorporates disengaging of oneself from attachment to thoughts and emotions developing a greater sense of emotional balance and well-being. Mindfulness is supported by the idea that viewing physical and emotional experiences in a nonjudgmental way leads to greater attention capacity, clear thinking, and compassion. Mindfulness involves an awareness of internal and external efforts including thoughts, emotions, physical sensations, actions, and reactions. Mindfulness lessens impulsive reactions by allowing our senses to enter into awareness of what is taking place in a nonjudgmental way. When engaged in mindful awareness, a person is aware of thoughts as simply thoughts with actions as actions to be observed without judgments.

The Mindfulness-Based Stress Reduction program was developed by Jon Kabat-Zinn in 1979 in the Stress Reduction Clinic at the University of Massachusetts Medical Center in Worcester, Massachusetts (UMASS, 2017). The

mindfulness teacher training certification process combines professional teaching accreditation from a mindfulness training program, transformational development of an individual's personal mindfulness practice, and development of their teaching capacity. Proper training for instructors of mindfulness-based stress reduction programs school teachers and also for physical activity programs (CUIPAP) in colleges and universities, could include mentoring from a practitioner of mindfulness meditation; participation in a mindfulness stress reduction program; attendance of retreats; and the development of one's personal practice.

The Mindfulness Based Stress Reduction model using body scan, breathing meditation, yoga, mindful walking and small group discussion offers flexibility in using mindfulness as the central focus of a mindfulness physical activity program. College students enrolled in a university stress reduction course reported less stress (Oman et al, 2008) while an athlete reported an improvement in game day

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R Ralston Elementary School (Nicole Kneuer); Red Hill Elementary (Nataasha Jones); Ricks Center For Gifted Children (Jason Mondragon); Rim Rock Elementary (Sarah Jensen); Rock Ridge Elementary School (David Goodfellow); Rocky Mountain Academy of Evergreen (Wendy Forsythe); Rocky Mountain Classical Academy-Elementary (Wil Winter); Rocky Mountain Elementary (Alexander Stanislawski); Rogers Elementary School (Jenny Courtier); Rose Hill Elementary School (Dan Sullivan); Roxborough Primary School (Martin Flynn);

Ryan Elementary (Renee Howe); **S** Sabin Elementary School (Jennifer Smith); Sable Elementary School (Brandon Bielke); Sagebrush Elementary School (Dave Willsea); Salida del sol Academy (Molly Foster); Sand Creek Elementary School (Kent Coyle); Schmitt Elementary School (Chris Atkinson); Second Creek Elementary (Casey Dinkel); Shaffer Elementary School (Linde Chaves); Shawsheen Elementary School (Chris Zacharko); Shepherd of The Hills Lutheran School (Lisa Jennings); Sherrelwood Elementary School (Melissa Garcia); Sierra Elementary School (Maria Peters); Sierra Middle School (William Knight); Silver Creek Elementary (Joel Bunn); Sixth Ave Elementary School (John Valdez); SkyView Academy-Highlands Ranch (Emily Bishop); Slater Elementary School (Karen Schroeder); Soaring Hawk Elementary (Bonnie Apol); Sopris Elementary (Fred Heisel); South Mesa Elementary School (Mike Schauer); South Ridge Elementary School (Robert Askew); Southeast Elementary School (Claire Gutchall); Southmoor Elementary School (Joseph Bazzanella); Springs Ranch Elementary (Jeff Ingram); St Therese Catholic School (Norma Araiza); Steele Elementary School (Jenny Alden); Stellar Elementary School (Chuck Stafford); STEM Launch (Michelle Kerber); Stevens Elementary (Craig Reynolds); Stott Elementary (Shelly Tame); Strawberry Park Elementary School (Allison Sabat); Stukeley Elementary School (Mary Omohundro); Sunnyside Elementary School (Stacy Hendrickson); Sunrise Elementary School (Franex Dort); Swallows Charter

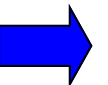
Academy (Ethan Ward); Swigert International School (Tim Shutts); **T** Taylor Elementary School (Jennifer Steele); Teller Elementary School (Dan Lingerfield); Tennyson Knolls Elementary School (Helen Dillman); The Academy North Campus (Tabatha Sisneros); The Da Vinci Academy (Suzi Wilkins); Thimmig K-6 School (Brenda Beaver); Thomson Primary (Brady Walter); Thornton Middle School (Kathy Kretzel); Tope Elementary School (Toni Gunther); Trails West Elementary School (Ted Veltrie); Traylor Fundamental Academy (Joe Lucero); Twain

Elementary School (Lori Coleman); **U** Union Colony

Preparatory School-Elementary (Lyndsay Baker); **V** Valdez Elementary School (Jennifer Alonso); Vanguard Classical School-West Campus (Alysa Heilmann); Venetucci Elementary School (Samantha Toney); Village

East Comm Elementary School (Desarae Gleason); **W** Wamsley Elementary School (Joe Branca); Washington Elementary (Nate Bohlken); Washington Elementary School (Lisa Chavez); Webster Elementary School (Douglas Scott); Weld Central High School (Ashley Westover); West Elementary School (Justin Jergensen); West Middle School (Vernon Walker); West Ridge Elementary (Matt Keefe); Westminster Academy for International Studies (Gary Reese); Whittier Elementary School (Bridget Sibson); Widefield Elementary School (Chad Anderson); Wildflower Elementary School (Amy Dolbeare); Willow Creek Elementary School (Doug Heacox); Wilson Elementary School (Scott Mazzillo); Witt Elementary School (Chris Watts); Woodglen Elementary School (Alycia Carlton); Wyatt Academy K-8 (Peter Rossi);

Z Zach Elementary School (Brent Uhrich); Zion Lutheran School (Philip Adickes);



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performance (Sandage & Exford, 2011). This novel approach using mindfulness meditation as an intervention to increase physical activity warrants investigation. Future directions for using a mindful physical activity program should examine the effectiveness of mindfulness in increasing physical activity and reducing stress. At present there is a lack of published research that examines the use of a MBSR–Exercise program to increase physical activity levels in students in schools or in individuals in the community.

SHAPE America's PE Standard 5 for K-12 physical education programs states, "*The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness*" why not continue to apply this standard in colleges and universities by offering courses that support participation in physical activity. The National Association for Sport and Physical Education (NASPE) and the College and University Physical Education Council (CUPEC) in the past have supported the position for all colleges and universities to uphold a physical activity instructional program for students as a strong and integral part of the academic curriculum (National Association for Sport and Physical Education 2007).

There is considerable research that supports why mindfulness training may be beneficial to implement in physical and health education programs. Young women who

participated in a 4-hour Acceptance and Commitment Therapy (ACT) intervention increased their physical activity significantly, and the increase in their level of physical activity was significantly greater than that achieved by participants who received an educational intervention (Butryn et al., 2011). McIver and colleagues (2009) found that 12-weekly yoga sessions with instructions for home practice greatly increased self-reported physical activity after intervention and at 3-month follow-up compared with the control group in obese female binge eaters. Evidence shows that mindfulness interventions can increase physical activity (Tapper et al., 2009). Mindful awareness produces beneficial outcomes of psychological well-being, reduction in perceived stress, improved quality of life, and enhancement of learning (Holzel et al., 2011).

Mindfulness can be used in physical activity walking, jogging, yoga, or weight training courses to promote stress management, physical activity, and health behaviors using the foundational elements of the MBSR program (body scan, breathing meditation, yoga, mindful walking and small group discussion). The goal of a MBSR physical activity is to help someone be able to take responsibility for his or her own life choices and to become more aware of the consequences of decisions made on a daily basis. If we can teach individuals how to reduce stress more effectively, eat healthier, engage in physical activity and stay motivated, we can ease some of that burden.

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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