



SHAPE Colorado Journal



April 2018

Volume 43

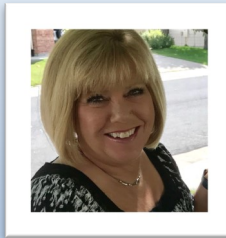
Number 5

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SESSION PROPOSALS AND AWARD NOMINATIONS



By **Donna Carey**
Convention Manager

It's never too early to start planning for fall! Convention 2018 promises to be an exciting one. Pre-

Convention workshops are taking shape. Session proposals are being accepted until April 30, 2018 – take advantage of this opportunity to share your knowledge with your colleagues, explore something that ignites you and help shape future generations of educators – session proposals can be submitted [here](#).

Pre-Convention workshops and general convention will be held at the Radisson Denver Southeast in Aurora from Thursday October 4 – Saturday October 6. The [SHAPE Colorado website](#) will be updated with additional convention details. This is your one stop resource for session proposals, guestroom reservations, awards nominations, and exhibitor info.

Do you know someone who is a Champion for our students, our schools, and our community in the field of Physical Education, Health, Dance, Adapted PE, or is an avid supporter of our field? If so, we are looking for nominations for the following categories.

All descriptions and criteria can be found on the SHAPE Colorado website. <http://www.shapeco.org/awards.html> Here are the award titles: Honor Award; Joy of Effort Award; Pathfinder Award; Scholar Award; Sportsmanship Award; Adapted PE Teacher; K-12 Dance Educator; College/ University Dance Teacher; Health Education Teacher; Physical Education Teacher (Elementary, Middle School, High School, College/ University); Administrator/Principal of the Year; Athletic Director of the Year; Distinguished Service ; Future Professional/ Major of the Year ; Graduate Student/ Research; & Young Professional. The nomination deadline is April 30, 2018. Submit your nominations today!

Upcoming Dates:

- [Session Proposals Due– April 30](#)
- [Award Nominations Due](#)
- SHAPE Colorado Board Meeting—May 5
- Western Slope PE Institute– May 31-June 1
- [SHAPE Colorado Fall Convention– Oct 4-6](#)

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 STUDENTS ARE THE PRIORITY!



By **Shannon Milliken**
Past-President

SHAPE Colorado's State Lobby Day was a HUGE success this year! We had a total of 13 participants (including six students for the University of Northern Colorado) from across the state attend. We were introduced onto the House floor by Representative Janet Buckner, who has been a champion for our organization and all educators for years! We were able to talk with many legislators who represent the districts that we live and teach in. We had one-on-one meetings with Janet Buckner and Lang Sias, who have both expressed interest in working with our organization after this session is over.



Senate Educate Committee on physical education. The advocacy committee did an amazing job representing both physical education and health during this presentation and set the precedence for the committee to consider the importance of quality physical education and health in students' K-12



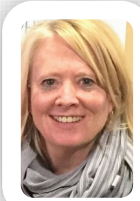
The biggest "win" for our organization this year was that SHAPE Colorado's Advocacy Committee received an invitation from Senator Owen Hill (Chairman of the Senate Education Committee) to present to the



education while they are currently looking at reevaluating the school finance formula for Colorado. Kayla Tibbles, SHAPE Colorado's lobbyist, mentioned that the presentation was a huge success, as legislators came up to her after the presentation and weeks after talking about the positive impact it had on their thoughts and conversations as they move forward in discussion about education in Colorado.

We are looking forward to following up with our contacts in May after session is out. In the meantime, please consider reaching out to your representatives in your districts and INVITE them into your classrooms! When legislators are able to see quality physical education and health classes, they are able to replace their experiences of climbing the rope and dodgeball with great examples of integrated, developmentally appropriate classes. What a great way for you to get involved without even leaving your school.

SHAPE COLORADO BOARD UPDATE



By **Lynn Burrows**
President

SHAPE Colorado Board recently knocked my socks off with their accomplishments of moving our organization forward. Following is an update of what has been happening on each of your SHAPE Colorado committees.

Professional Development

Committee: The professional development committee hosted two “BUST OPEN Your Physical Education Program” in partnership with University of Northern Colorado, University of Colorado at Pueblo and OPEN US Games. There are three additional professional development opportunities to be offered this spring. [Denver Summer Institute](#) at Metro State Campus and “Bust OPEN Your Physical Education Program” in Fort Morgan and again in Jeffco. Look for registration notifications on Bust OPEN Your Physical Education Program soon.

Convention/Recognition: The Convention committee along with Shannon Milliken and Terry Jones were able to secure outstanding presenters

for our 2018 Fall Convention. In addition, the Convention/Recognition committee worked on solidifying our upcoming convention sites. They worked on finding a convention site that could accommodate our growing membership while keeping the convention affordable. We are excited to be at the [Radisson](#) in Aurora for October 2018 and then will be moving to the Hyatt across from Anschutz Medical Center 2019-2021.

Advocacy Committee: The advocacy committee recently hosted [SHAPE Colorado Lobby Day](#) where health and physical education teachers gathered at the Colorado State Capitol. We were able to have conversations with key legislators promoting the importance of health and physical education. In addition, the advocacy committee presented before the Senate Education Committee, emphasizing the need for funding support to health and physical education. Shannon Milliken and Karen Marley did an outstanding job representing SHAPE Colorado before the Senate Education Committee laying groundwork for future support and funding.

see [Board Update](#) on page 4

EXECUTIVE DIRECTOR CORNER



By **Terry Jones**
Executive Director

The Colorado Physical Education and Comprehensive Health standards review and revision is nearing its completion. I would like to thank all of the SHAPE Colorado members that have put countless hours into the process. Both committees started the review and revision process in May of 2017 and met face to face 5 times in the past year with additional conference calls between meetings.

The committees started by reviewing the current Colorado standards to determine their current alignment with national standards and national exemplars. They also spent a large

amount of time reviewing public feedback and recommendations for revision. Overall, the revisions that are being suggested to the standards in both health and physical education will align the skills and knowledge so students can transition from elementary through high school in a consistent and meaningful way. The revised standards have the potential to develop physically literate students to be lifelong movers.

The proposed standards will be presented to the State Board of Education in May of 2018 with the possible adoption in June of 2018. The proposed revised standards are currently on the Colorado Department of Education website. <http://www.cde.state.co.us/standardsandinstruction/casreview>



SHAPE COLORADO NEWS

Congratulations Colorado Teachers

SHAPE Colorado wants to extend congratulations to the following health and physical educators who were recognized at the SHAPE America National Convention in Nashville. We are so proud to have Colorado teachers being recognized nationally for outstanding accomplishments!

Jump Rope For Heart/Hoops For Heart Grant Awardee

Kathleen Luther, Westerly Creek Elementary, Denver, CO
Lisa Ordway, Inspire Elementary, Denver, CO

Helen Heitmann Young Scholar Award

Brian Dauenhauer, University of Northern Colorado

National Board Certification

Kitty Horeis, Denver Public School Dist 1
Mary Omohundro, Adams 12 Five Star Schools
Brenda Bumgardner, Boulder Valley Sch Dist Re-2
Kelly Lang, Cheyenne Mountain Sch Dist 12

SHAPE Colorado Membership News

Part of Shape Colorado's Strategic Plan is to increase our Membership. We currently have approximately 420 members and are looking to increase our membership by 10% as of June 1, 2018. Anyone that would like to become a member please [click on this link](#).

REMEMBER: SHAPE Colorado Membership is **FREE** when completing a Jump Rope for Heart or Hoops for Heart Event.

Continued from [Board Update](#) on page 3

Membership Committee: Our Membership committee has been working tirelessly toward bringing new members into SHAPE Colorado. They are committed to the belief that the students of Colorado deserve health and physical education teachers who are being supported with quality leadership, professional development and advocacy. We have seen membership increase by 25% the past six months! Welcome new members! We look forward to learning from you and collaborating with you serving the students of Colorado.

Strategic Plan Committee: Our Strategic Plan committee meets outside the regularly scheduled board meetings. We developed committee operating codes and have started the review process of our current Strategic Plan.

Digital Marketing Committee: Our Digital Marketing Committee continues

to grow our social media outreach. This committee promotes SHAPE Colorado events, grant opportunities and has featured SHAPE Colorado members' amazing accomplishments. Please connect your social media account with us through [Twitter](#), [Facebook](#), and [Instagram](#), and share your successes with our online community!

Higher Education: Our Higher Education Committee recently conducted a survey for future professionals and higher education professors gathering data on how we can better meet their needs. They resurrected a PETE (physical education teacher education) Facebook page for our future professionals of various higher education institutions to connect with each other. And they continue to look for ways to increase PETE student engagement in our annual convention.

**Submit your SHAPE Colorado
convention session
proposals here**

SPEAK OUT DAY 2018



By **Debbie Luithly**

Advocacy Chair

On Wednesday, February 14, Clayton Ellis, Karen Marley, Shannon Milliken, and Debbie Luithly represented Colorado for SHAPE America's SPEAK Out Day in Washington D.C. We met with interns from Senator Michael Bennet, Senator Cory Gardner, Representative Jared Polis, Representative Mike Coffman, Representative Doug Lamborn, Representative Diane DeGette, Representative Ken Buck, and Representative Ed Perlmutter.

We asked our legislators for their support in funding Every Student Succeeds Act (ESSA) Title IV, Part A and ESSA Title II, Part A. ESSA Title IV, Part A funds a well-rounded education and safe and healthy students. It was originally authorized funding for \$1.65B. Last year it received \$400M for all states and school districts. ESSA Title II, Part A funding is used to retain effective teachers and provide access to effective teachers for low income and minority students. It would help fund professional development for all school

employees. Physical Education and Health are considered core subjects under ESSA. ESSA was developed with the whole child in mind.

More information about SHAPE America's SPEAK Out Day can be found here. <https://goo.gl/7Bc8fG>

You do not need to go to Washington D.C. to advocate for Health and Physical Education. New this year is [SHAPE Colorado's Legislative Action Center](#). You can go to the action center and send a form letter to your legislators regarding ESSA Title IV, Part A and ESSA Title II, Part A. To access the forms, you will click "Take Action" under SHAPE America. ESSA Title IV, Part A and ESSA Title II, Part A are separate and have their own link. It will take you to SHAPE America to finish filling out your information. You will need to put in your contact information and it will pull up your legislator and let you preview and

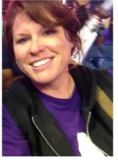


print the form before you send it. You may, also, create your own message to send.

It is important that each one of us take part in advocating for our profession, whether by attending an advocacy event, talking to local administrators about the importance of Health and Physical Education, or sending letters to our legislators. Do your part to advocate for our great field.



SHAPE COLORADO OPEN PD SESSIONS



By **Jesse Weber**

Denver Public Schools

SHAPE Colorado was recently presented with the opportunity to host professional development sessions for our members that feature a new free online curricular resource. The SHAPECO professional development committee was very excited to say yes to the new learning opportunities for teacher members throughout the state.

The [US Games OPEN Online Physical Education Network](#) is a free resource for physical educators that provides various topic-based modules. The modules are based on the SHAPE AMERICA national Physical Education standards and contain activity plans, assessments, teacher self-reflections, and much more! There are additional features such as;

learning targets or objectives, skill modifications, academic vocabulary, descriptive cues and questions with varying degrees of rigor associated with Webb's Depth of Knowledge model. The best part of this amazing product is that it is FREE!

The professional development committee focused on areas outside of the Denver metro area to reach areas of the state that might not have consistent access to professional development opportunities. Our first session was hosted in the southern region at CSU Pueblo. We had over 50 SHAPECO members attend and learn new ways to immediately use this curricular resource in the classroom! The second session was hosted at UNC Greeley and we had up to 40 SHAPECO members

attend there as well. Many members were thankful to have the opportunity

to learn something new and to have a tangible tool to bring back and use with their Physical Education classes immediately.

The committee is planning to host 2 more US GAMES OPEN session in other specified areas throughout the state in May. SHAPECO members can potentially receive stipends or substitute pay to attend these events. The new dates, locations and times will be posted on the [SHAPECO website](#) very soon!



BALANCING AND BENDING BODIES: GYMNASTICS



By Laurie Gaudreault
McElwain Elementary School

Students at McElwain Elementary School in Thornton participate in an annual 10-week gymnastics unit that involves beginning to intermediate instruction on a variety of apparatus including uneven bars, springboard, vault, balance beam, floor exercise, parallel bars, cross-fit, climbing wall, climbing rope, and mini-trampolines. Laurie Gaudreault, PE Teacher, enjoys teaching gymnastics and seeing students learn about flexibility, strength, balance, coordination, and focus while developing their skills!! The kids absolutely love it!!

If you would like more information about that activities that Laurie does, contact her at: gau003089@adams12.org

Gymnastics



is about Challenge !!



- • • About striving towards something that is not easy to attain!
- • • About rebounding from failure!
- • • About getting up off the mat and trying again!

It is about the thrill of accomplishing something you thought you could never do! It's about BELIEVING in YOURSELF and saying . . .
I CAN !



PROFESSIONAL DEVELOPMENT FROM THE COMFORT OF MY HOME



By **Lynn Burrows**
President

There are pockets of time during the year when my enthusiasm to generate new ideas and lesson plans wane. When this happens, I find inspiration in my colleagues. Since I teach in a very rural area in the mountains, my professional learning community is online. There are many ways to access online inspiration, through websites, Pinterest, webinars, podcasts, Facebook, Twitter.... to name a few. Here are a few of my favorites:



Adam Howell



Matt Pomeroy



Naomi Hartl



Collin Brooks



Jonathan Jones



Sarah Gietschier-Hartman



Jorge Rodriguez

PHYSEDagogy

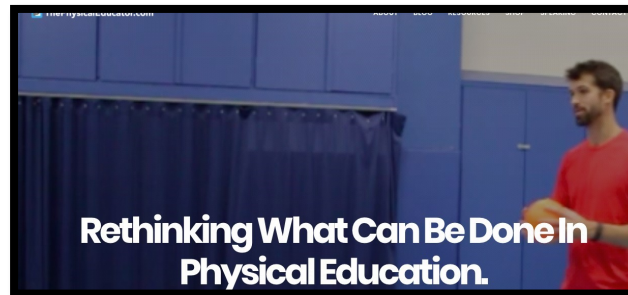
This website is hosted by some of my favorite physical education friends. They meet physical education and health teachers through multiple modes.

Blog Posts: These are articles written by practicing PE and health teachers reflecting on their practices

Podcast: This weekly podcast is a series of interviews with health and PE professionals

PhysEd Summit: The PhysEd Summit is an

online conference. The conferences are available to attend live, online, or to view later from the comfort of your own home. You can shop through interesting sessions and attend anytime!



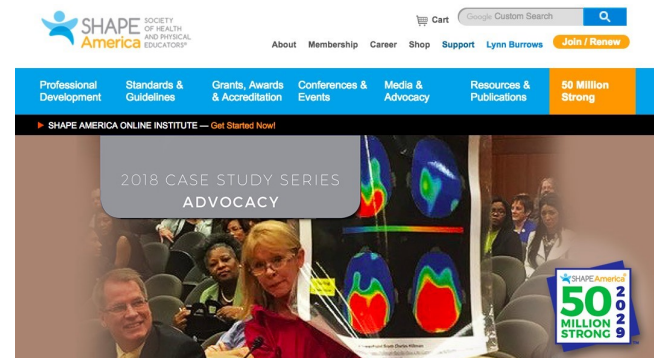
ThePhysicalEducator

This website is hosted by Joey Feith, who is an incredible speaker! He too meets his audience's needs through multiple modes. Here are a few to get you started.

Blog Posts: These articles written by Joey follow his own personal learning and teaching experiences as a physical educator.

Podcast: Joey describes his podcast. "The #PhysEd Show's podcast is designed to provide you with thought-provoking ideas, interviews, and insights in a commute-friendly 20-30 minute format. You can subscribe to the podcast on [Apple Podcasts](#) and [Google Play Music](#) (for now)."

Twitter Chats: These are bimonthly group chats that happen on Twitter, or if you miss the live chat, you can go back and read through the conversation.



SHAPE America

Shape America is our National organization for health and physical educators. Some of the online learning is accessible without a SHAPE America membership, some is only accessible with a SHAPE America membership. The SHAPE America membership is separate from our state SHAPE Colorado membership. Because my school last year raised over \$2000 dollars for American Heart Association in a Jump Rope for Heart Fundraiser, my SHAPE America membership was free. Like the above mentioned professional development resources, they provide multiple modes to learning.

SHAPE America Exchange: This is an online forum with conversations ranging from how to utilize best practices in classroom management to how to teach a skateboarding unit.

SHAPE America webinars: These are online classes you can watch from the comfort of your home. Many of these classes offer credit.

Podcasts: Matt Pomeroy, Collin Brooks and Stephanie Sandino interview innovative and interesting health and physical education teachers on relevant topics.

JUMP AND HOOPS EVENTS AROUND THE STATE



By **Laurie Gaudreault**

SHAPE Colorado Jump and Hoops Coordinator



“HOOPS for HEART” Brad Hull, PE Teacher at Everitt Middle School in JeffCo, hosted their event on March 23rd! Everitt students had the opportunity to participate in “Donate to Play”



“PIE IN THE FACE” Zac Speer, PE Teacher at Global Leadership Academy in Denver, celebrated the students winning a challenge he set for them to raise a certain amount of money early on in their fundraiser! WOW!!



“JUMP ROPE FOR HEART” Maria Peters, staff member from Sierra Elementary School in JeffCo recently inspired the whole staff to become involved in their Jump Rope for Heart event where the entire specials team played a significant role. From the heart inspired artwork that adorned the hallways during February Heart Month to a huge celebration event at the end of the fundraiser where school administrators participated in the fun! Way to go, Maria!!



WALKING OUT IN PROTEST



By **Emily Graves**
President-Elect

"Ms. Graves, what would you do if I walked out right now in protest...?"

On February 14, 2018 a young man walked into his school in Florida and opened fire, killing 14 students and 3 adults. However, this is not the first time someone has entered a school and used violence as an outlet which took the lives of innocent students and adults. In 1999, on April 20th, Colorado experienced the first of too many major mass school shooting at Columbine High School. The fear of similar events is too often in the minds citizens of all ages. This was the beginning of mass school shootings throughout the United States.

At 10:00AM on March 14, there were planned walkouts to demonstrate a stand against violence in schools. Prior to 10 a.m. one of my students asked, "Ms. Graves, what would you do if I walked out right now in protest of school violence?" In this moment, a million thoughts ran through my head, but I responded with "Well, what are you going to do after you walk out of here?" I soon realized that my students wanted to walk out but didn't feel supported in protesting. After reflecting on this experience, I began to think of alternative scenarios to a walk-out for my students to express their civil rights without getting backlash from administration

or parents as well as not disrupting the precious time we get together in a day. Here we are trying to teach middle school students to be young adults but is a walk-out really the best way for them to express freedom of speech in a constructive way that will get their voices heard.

I talked to other teachers, our school resource officer, and turned to social media to see what other creative ways teachers were helping their students reflect on what happened one month ago and safely express their civil rights. One school had a school wide moment of silence, while another sent out staff to stand with students in the field for 17 minutes in honor of the 17 lost lives. Then I came across a "Walk-Up" instead of a walk out. Students were given 17 sticky notes and asked to write notes to 14 students and 3 adults that would help them smile that day. In the end, the hallways were covered in bright colored sticky notes that intended to make a positive impact in their school. Another possibility is having students write their local legislators to advocate for their beliefs and opinions.

It can be tough to establish positive ground when it comes to a walk out, but with a little creativity, you can help your students express their opinions and beliefs in a positive manner. Ghandi said "Be the change you wish to see in the world". Empowering our students to stand up for what they believe in a successful manner can be challenging, however, if we think outside the box we can encourage students to be the change they wish to see.

**Due
April 30**

SHAPE Colorado Awards

- Teacher of the Year
- Administrator of the Year
- Young Professional Award
- Pathfinder Award
- Joy of Effort Award
- Research Award
- Distinguished Service
- And many more...

Looking for Excellent Teachers

**SHAPE Colorado
wants to honor
excellent people in
our field.**

**Nominate someone
you know today!**

**All information
can be found [here](#)**



FISHING IN SCHOOLS

The National Fishing in Schools Program ("*Fishing in Schools*") is a nationwide program providing an in-school curriculum for PE teachers that enables them to teach their students the skill of fishing. An all-inclusive program, NFSP provides the training/certification, curriculum and equipment necessary to educate elementary through high school students about the lifetime outdoor sport of angling.

NFSP is currently installed in some 38 schools/institutions in Colorado. Overall, 200 schools in 28 states participate. Until now, the

curriculum, called "*Cast A Fly, Catch A Student*" has been providing instruction in fly fishing. The sequel, "*Cast A Lure, Catch A Student*" will use spincasting equipment. It will be available in the fall of 2018.

For full details, please visit their website, www.fishinginschools.org. If you are interested in becoming certified to instruct NFSP, see information on the [course being hosted by Roaring Fork Conservancy](#).



2018 SHAPE AMERICA CONVENTION

Multiple SHAPE Colorado members traveled to Nashville for the annual SHAPE America conference in Music City. There were amazing sessions, inspiring keynote speakers, lots of networking, and of course, lots of socializing in the local Honkey Tonks. Join fellow Colorado teachers for the next SHAPE America convention, April 9-13, 2019 in Tampa, FL!





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 March 11.

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