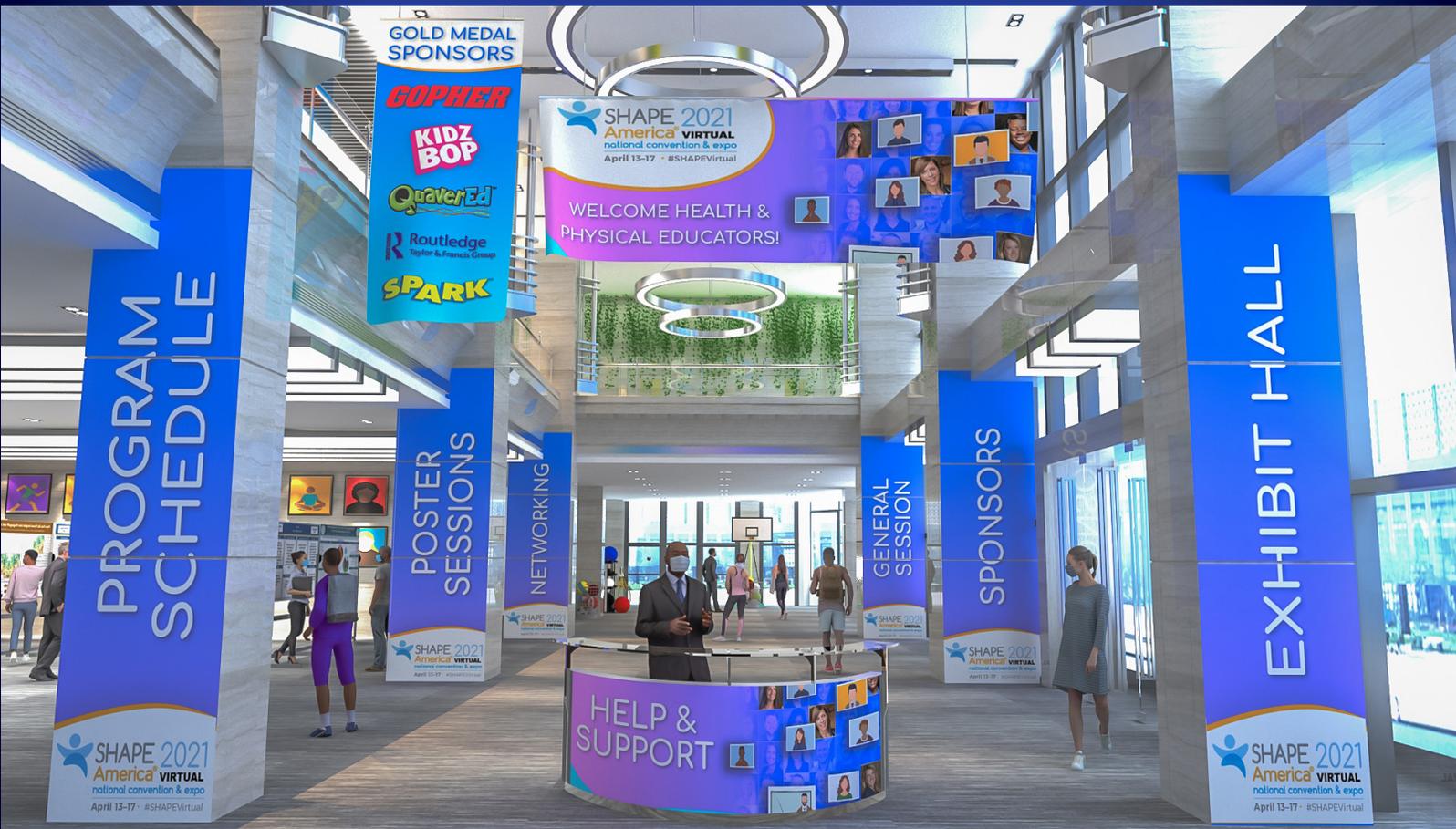


momentum

Society of Health and Physical Educators

Winter 2021

Virtual National Convention 2021 PREVIEW



#SHAPEVirtual | April 13-17

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SHAPE America's Partners for Active and Healthy Children (PAHC) membership program serves as a bridge between the business and nonprofit communities and our nation's health and physical educators.

PAHC members provide annual financial contributions that support a broad array of SHAPE America initiatives, programs and projects that promote effective health and physical education. PAHC members will:

- Receive a complimentary 12-month Basic Listing in the HPE Marketplace Guide, including up to three (3) product/service categories. Each listing includes company name, phone number and active web and email links;
- Gain visibility with a complimentary Sixth-Page Square Ad in the *Momentum* issue of your choice (exclusively available to PAHC members);
- Take part in periodic virtual meetings providing advocacy/ESSA updates, CEO updates, and/or requests to participate in focus groups;
- Save 15% on Virtual Exhibit space AND sponsorship for the 2021 SHAPE America Virtual National Convention & Expo;
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and Healthy
Children**

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(reflects members as of 2/11/2021)



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Learn more at shapeamerica.org/about/partnerships/pahc

FEATURE



2021 Virtual National Convention Preview

Connect and learn at #SHAPEVirtual!

13

SPECIAL INSERT

In the Zone

Issue 2 / Winter 2021



Introducing health.moves.minds.® in Higher Ed Tips from a PETE classroom

FRAN CLELAND
Professor and Program Chair, Health and Physical Education Teacher Certification Program
West Chester University (Ohio)

This fall was my 31st year teaching physical education teacher candidates the content and process of teaching elementary physical education. But as we all know, fall 2020 was anything but typical.

Due to the pandemic, I had to teach my Curriculum & Instruction (Elementary Physical Education (CPE 300)) course virtually — for the first time ever!

Every Wednesday morning, the teacher candidates enrolled in CPE 300 taught a lesson to the second-grade students at CCHA. I had designed these lessons to be primarily based on Standards 1 and Standard 3 grade-level outcomes; however, we also addressed Standard 4 by embedding a social and emotional learning component within the weekly physical education lessons.

I conveyed to my teacher candidates that due to the pandemic, it was very important to address students' social and emotional needs. To do this, we incorporated materials from SHAPE America's health.moves.minds. program.



A CCHA second-grade participant in a lesson on balance via Zoom.

I started by envisioning a new approach to this pedagogy course. I also decided to challenge myself — and my students — by incorporating social and emotional learning into the weekly physical education lessons we'd be teaching (via Zoom) to second graders at Chester County Family Academy (CCFA).

Integrating SEL

In each physical education lesson, my CPE 300 students integrated social and emotional learning. Here is an example of the Health Minute instant activity:

Dr. Cleland will share her screen and play a minute-long video of an ocean scene. Have your student sit "cross-legged" and listen/watch the video. After the video has them tell you how seeing the ocean and hearing the sound made them feel. You may need to prompt their ideas.



After the lesson, the second graders reflected on their own feelings using this emoji scale. (continued on page 4)

SHAPE America's health.moves.minds. program offers lessons and activities that teach kids to thrive physically and emotionally — and includes flexible fundraising options to help you make the biggest impact in your school and community.

You can share your success with health.moves.minds. — and bring national attention to your school — by contributing to In the Zone! If interested, email healthmovesminds.org.

Are you more relaxed and ready to learn in physical education?

Did you feel happy when you saw the beautiful ocean and heard the peaceful sound? Did it make you feel good inside?

Great! Now we are ready to start our physical education lesson! (continued on page 4)

Learn more and register at healthmovesminds.org

health.moves.minds.®
newsletter

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Editor's Note

It's been nearly a year since COVID-19 forced schools nationwide to shift to distance learning. In some parts of the country, schools have reopened for in-person instruction, but in other areas students are still learning virtually.

As schools emphasize the importance of social and emotional learning, health and physical educators continue to play a critical role in teaching students age-appropriate skills to develop the mind-body connection, which can improve mental health and overall wellness.

If you're looking for ways to integrate social and emotional learning into your health and physical education curriculum, consider SHAPE America's SEL-based [health. moves. minds.® program](#).



IN THE ZONE

We've included the health. moves. minds. newsletter, [In the Zone](#), as a special insert in this issue of *Momentum*.

The newsletter shines a spotlight on how health and physical education teachers are adapting the program to meet their specific needs. You'll also read how teachers are using the program's flexible fundraising option to raise much-needed funds for their school — and even donate to a local charity!

VIRTUAL CONVENTION PREVIEW

In our [cover story](#), we share lots of details about the “can't miss” event of the year — the 2021 SHAPE America Virtual National Convention, which will be held April 13-17.

SHAPE America President Brett Fuller also talks about the virtual national convention in his [President's Message](#), saying it will be like the best “small and intimate” conference experience and the “biggest and best” national convention experience rolled into one.

I hope after reading this issue of *Momentum* you'll be inspired to register for the convention. We would love to connect with you at #SHAPEVirtual!

Larissa

Larissa Brickach
Managing Editor

momentum@shapeamerica.org

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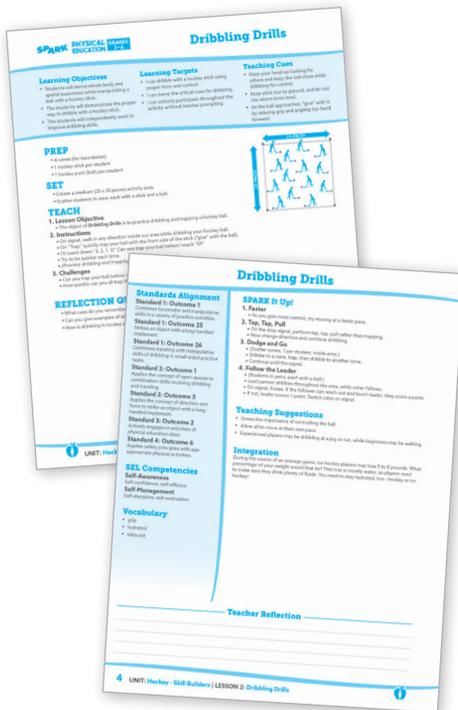
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Plus, view sample activity videos!



Let's Connect in 2021

Brett Fuller, President
@BrettAFuller



As I reflect on 2020 and the many challenges our HPE community has endured, I continue to be amazed and grateful for the way educators came together to contribute and support each other through an incredibly difficult year.

It is the very definition of #StrongerTogether and makes me proud to serve as SHAPE America's president.

So many in our SHAPE America community have represented what it means to be a great teacher this past year. Our [health, moves, minds.](#)® teachers were true champions for helping students develop critical skills in self-advocacy, kindness and empathy. Our SHAPE America Teachers of the Year went above and beyond to produce resources to help other teachers teach in this challenging time. And so many other members of our community stepped up to ensure we were having the right conversations on advancing equity, diversity and inclusion within our community.

MOVING FORWARD

Now, I am filled with gratitude for all I know we will be able to achieve in 2021. Much of that achievement will certainly look different from what it looked like in the past. But just as we found innovative ways to teach and engage students in 2020, we will continue to do so this year.

One of the things that will look and feel the most different? SHAPE America's National Convention & Expo. In 2021 this event will be fully virtual and, while I wish we could meet in person, I'm looking forward to what is always one of the highlights of my year.

I'm excited for the opportunity to come together, as a community, to lift each other up and share meaningful

“
I'm looking forward
to what is always
one of the highlights
of my year.
”

professional development that will help us continue to move forward and make an impact in health and physical education.

Let me tell you a little more about what to expect:

Opportunities to connect. One of the most valuable aspects of attending a conference is the opportunity to meet new friends, connect with mentors, and develop relationships with peers. You'll have those opportunities at the 2021 national convention! The virtual platform makes it easy to participate in small group discussions, one-on-one meetups, wellness and activity breaks, networking events, and other social events. It will be like the best “small and intimate” conference experience and the biggest and best” national convention experience rolled into one.

Innovative ways to learn. The virtual national convention will offer opportunities to learn in a variety of formats, from roundtable discussions and poster sessions to coffee talks and lunch and learn events. Attendees

will also have a chance to meet with vendors and hear from respected and engaging presenters, including Dr. Adolph Brown, educator and social justice advocate, Darrion Cockrell, Missouri's 2021 Teacher of the Year, and Daniel Lieberman, Harvard University professor and author of the new book, *Exercised: Why Something We Never Evolved to Do Is Healthy and Rewarding*.

High quality professional development. It's always a challenge to “fit it all in” at the national convention, especially when it comes to attending all the sessions that you're interested in. One of the big benefits of the virtual convention is that every session will be recorded and available for 45 days after the convention has ended. This means that attendees will have access to more than 100 hours of educational content!

Finally, and perhaps one of the most important aspects of #SHAPEVirtual, will be the opportunity to celebrate our unique and amazing HPE community — together.

Recognizing and hearing from our SHAPE America Teachers of the Year and awarding our organization's highest honors will be an important opportunity to come together — in the spirit of support and encouragement — to recognize that *together* we can get through this difficult time and truly be there for each other and our nation's children.

If you need help getting approval to attend the **2021 SHAPE America Virtual National Convention & Expo**, use the **Justification Toolkit**. It includes:

- Template letter to set up a meeting with your supervisor
- Tips for speaking with your supervisor
- A Needs/Benefits Table to help you develop talking points

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We'll Keep Going

Stephanie Morris, CEO
@SHAPEAmericaCEO



was talking with a board member recently and I asked her, “What are you most proud of SHAPE America achieving this past year?”

She paused and let her thoughts slowly form before replying:

“I think that last year we had to make a lot of really hard decisions and our focus had to be on how best to ensure a sustainable path. But we did that — we figured it out. This year ... as hard as it's been, as unexpected as it's been ... we got to focus on the mission more. And within that conversation, we had more space to really talk about equity, diversity and inclusion. We started making changes, even if they were relatively small ones, to consider how we can truly advance a more equitable, inclusive SHAPE America community and national organization.”

I've been pondering this conversation awhile and I've also been reflecting on multiple committee meetings where I heard sentiments such as:

“We're finally having these conversations.”

“I've never seen so much diverse representation in a meeting like this.”

“This actually makes me proud to be part of SHAPE America again.”

But it's important to acknowledge that I've also participated in conversations where there is less certainty about why we're focusing on equity, diversity and inclusion (EDI) and whether the changes we've started making are appropriate or right.

CHANGE IS DIFFICULT

Change can be hard and uncomfortable. Breaking down processes and systems and talking about the barriers that exist within them — and then finding ways to build *better* processes and systems — can feel to some like history is being disrespected or previous efforts are not appreciated.

“

I know we're on the right path.

”

But I urge each and every one of us to consider this: We can and must understand our organization's history. We can and must appreciate previous efforts by those who led and contributed over the course of our 135 years in existence. But we must also learn from

the past to do better — and build a stronger, more diverse, more inclusive and equitable future for health and physical education professionals.

Why? Well for one thing, studies have demonstrated time and time again that more diverse organizations are more successful organizations (McKinsey & Co). Diversity within an organization ensures a greater range of talent is contributing to the mission, not just the talent that may belong to a particular perspective or view.

Diverse views also help us understand the needs of all teachers — and their individual students — rather than just some of them.

But beyond that, quite frankly, it's the right thing to do. Every amazing health and PE teacher I know believes in the importance of an inclusive PE or health program, where *all* children feel welcomed and encouraged to try new things, learn and master new skills, and build new relationships.

The same reasoning applies for why we must build an inclusive HPE community where all teachers, especially our Black and Brown teachers, see themselves reflected in leadership opportunities ... in awards programs ... in the attendance of events.

We have a long way to go — this is true and must be acknowledged. But over this past year, I've seen progress. I know we're on the right path. And we'll keep going.

I hope you'll join us and as always, I'm here to listen. Please [tell me what you think](#).

SHAPE America

Unplugged

with Stephanie Morris

Must-see interviews with top health and physical educators!

Learn More

2021 National Candidates

President-Elect Candidates

Kymm Ballard

HPETE Coordinator
Campbell University
Buies Creek, NC



Kymm Ballard is an assistant professor and HETE and PETE coordinator at Campbell University and currently sits on the SHAPE America Board of Directors. Her professional experiences include service for more than two decades as a health educator, physical educator, and school administrator, and 11+ years at the state level as Healthful Living Education & Athletics consultant in the North Carolina Department of Public Instruction. Also, she has nine years of experience in corporate and non-profit arenas collectively. These experiences have increased her capabilities in understanding budget, leadership and commitment. Her passion and direct service to children also influence her work at the national level today.

Keri Schoeff

Safe, Healthy & Active
Students Specialist
Arizona Department of Education
Phoenix, AZ



Keri Schoeff currently serves as the Safe, Healthy & Active Students specialist for the Arizona Department of Education where she provides leadership and professional development on all components of Title IV-A programming, specifically ensuring that every student is provided with a safe, healthy, active, and supportive learning environment. Keri has a Bachelor of Science degree in physical education and health education. Her prior work experience includes teaching health and physical education to secondary students, providing leadership on the USDA's Child Nutrition Programs, and the CDC's and ASCD's Whole School, Whole Community, Whole Child (WSCC) Model.

Director Candidates*

Joe Deutsch

Professor
North Dakota State University
Fargo, ND

Cara Grant

Supervisor, HPE
College Park, MD

Tom Roberts

Physical Education Specialist
Aquila Elementary School
Minneapolis, MN

Luciana Zuest

Associate Professor
California State University Chico
Chico, CA

*SHAPE America members will select three of the four candidates during the election process.

2021 District Candidates

CENTRAL DISTRICT

PRESIDENT-ELECT CANDIDATE

Tracy Nelson

PETE Program Coordinator
South Dakota State University
Volga, SD

MEMBER-AT-LARGE CANDIDATES

Sarah Gietschier-Hartman

Health and Physical Educator
Clayton High School
Ballwin, MO

Jodi Larson

Physical Educator & Health Teacher
Ankeny Community Schools
Ankeny, IA

Jaryd Prince

Health & Physical Education Teacher
Jefferson Elementary School
Clinton, IA

EASTERN DISTRICT

PRESIDENT-ELECT CANDIDATE

Marybeth Fede

Professor
Southern Connecticut State University
Branford, CT

MEMBER-AT-LARGE CANDIDATES

Joel Frye

Physical Education Teacher
KIPP DC: Discover Academy
Washington, DC

Jim Hambel

Physical Education Teacher
PS 457 Sheridan Academy for Young Leaders
New York, NY

Jonathan Jones

Physical Education Resource Teacher
Prince George's County Public Schools
Bowie, MD

Nally Sahin

Physical and Health Education Teacher
New Haven Public Schools
New Haven, CT

Colleen Wegimont

SHAPE PA (Retired HPE Teacher)
Harleysville, PA

MIDWEST DISTRICT

PRESIDENT-ELECT CANDIDATE

Mark Foellmer

Co-creator of cbhpe.org (Retired Teacher)
Plainfield, IL

MEMBER-AT-LARGE CANDIDATES

Sandee Ortiz

Health & Physical Educator
Sun Prairie High School
Delavan, WI

Scott Przystas

Elementary Physical Education Teacher
Grand Haven Public Schools
Grand Haven, MI

John Roncone

Health/Wellness Higher Education Professional
North Canton, OH

SOUTHERN DISTRICT

PRESIDENT-ELECT CANDIDATE

Lynn Williamson

Director
East Baton Rouge Parish School System
Baton Rouge, LA

MEMBER-AT-LARGE CANDIDATES

Felicia Ceaser-White

Health Education Specialist
Houston Independent School District
Houston, TX

Chris Walker

Physical Education Teacher
Hillsborough Elementary School
Hillsborough, NC

WESTERN DISTRICT

PRESIDENT-ELECT CANDIDATE

Erin Centeio

Associate Professor
University of Hawaii at Manoa
Honolulu, HI

MEMBER-AT-LARGE CANDIDATES

Melissa Boswell

Health & Physical Education Teacher
Edmonds School District
Mountlake Terrace, WA

James Clemmer

Assistant Headmaster
John Adams Academy
Roseville, CA

Cate Egan

Assistant Professor & Program Coordinator of PE
University of Idaho
Moscow, ID

Karie Lee Orendorff

Assistant Professor
Montana State University
Bozeman, MT

For more information on the candidates and an election timeline, visit shapeamerica.org/candidates.

New Year, New Opportunities

By Carly Wright
@CWrightHPE

This January brought with it a new session of Congress and a new presidential administration. That means there are many new leaders in the federal government for us to build relationships with as we share our message of the importance of health and physical education.

President Joe Biden has named his nominees for Secretary of Education (Miguel Cardona of Connecticut) and Secretary of Health and Human Services (Xavier Becerra of California). As the U.S. Senate moves forward in confirming nominees, SHAPE America will have the opportunity to weigh in with members of Congress and share our priorities with these influential Cabinet members.

As the balance of power shifts in the Senate, committee leadership changes,

and new members of Congress join committees that oversee education — which also provides us with opportunities to find new champions for our cause.

SPEAK OUT FOR HPE

The time is now to begin building these relationships and ensuring that the voice of the health and physical education community is heard. The best way to participate in this process is by joining us for our first ever *Virtual* SPEAK Out! Day, March 15-19!

Since we can't go to Capitol Hill in person this year, things will look a little different for our premier advocacy event. But you will still have the opportunity to advocate for health and physical education programs from "your own backyard."

“

The time is now to begin building these relationships.

”

We'll provide training on February 24 and March 15 to ensure all participants are prepared to advocate and deliver our "asks" in virtual congressional meetings. Advocates will also learn about the new virtual format of our Capitol Hill meetings, which will take place on March 16-19 to accommodate teaching schedules.

Please go to shapeamerica.org/speakout for more details and to register before the February 24 deadline.

MORE COVID RELIEF FUNDS FOR SCHOOLS

In late December, Congress passed a new COVID relief funding package, which included a significant boost to those relief funds that were allocated in March 2020. In addition to the \$13.2 billion in Elementary and Secondary School Emergency Relief (ESSER) funds that were allocated to states and school districts in the spring, Congress has allocated an additional \$54.3 billion to support schools through the pandemic.

To learn more about ESSER funds and how they can be used to support your health and physical education program, read [The CARES Act: A Federal Funding Opportunity for Health and Physical Education](#), a blog post by SHAPE America member Keri Schoeff.

2021 SPEAK Out! Day

March 15–19

Join SHAPE America online as we speak out in support of health education and physical education — and ask members of Congress to fully fund the *Every Student Succeeds Act!* **Register by February 24!**



For more information about the impact of SPEAK Out! Day, visit shapeamerica.org/speakout.

Let Them Know You Care

Physical educator Darrion Cockrell — Missouri's 2021 Teacher of the Year — reflects on his core teaching philosophy



My goal is to make sure students understand the purpose of engaging in different activities and exercises during physical education. PE helps obtain knowledge and behavior of healthy active living, sportsmanship, and emotional intelligence. It is aimed at not just physical development, but also the growth of the individual as a whole.

This was my mindset three years before starting my first PE job. Although all of it still holds true, my teaching philosophy has definitely changed a bit over the years. The biggest change has been the connections and relationships with my students.

Now almost six years in, I know I have the unique opportunity to prepare my students both mentally and physically by teaching them the building blocks of fitness and health. I can guide, redirect, teach and equip them with the tools they need to make healthy choices. But I believe that ultimately, how they confidently apply this information in their lives beyond school will help determine their future success.

CONNECTIONS AND COMMUNITY

As a first-year teacher at Crestwood Elementary, I wanted to dive right in — making connections and sharing my passion for fitness and health. During my interview, I told my principal I wanted to create something called Crest-Fit (CrossFit + Crestwood), a health and fitness program that would incorporate community, empathy, respect, responsibility and integrity.

I spent the first three months getting my students to buy into my philosophy. As they

became more receptive, I created a weekly after-school workout program for teachers and then invited parents to join as well.

Crest-Fit workouts became a great way to connect teachers to the community and promote good health. I also offered open gym hours on Thursday evenings for families to play basketball. Then, through the power of social media, I encouraged other schools to join us in the Crest-Fit challenge.

To this day, former students and families reach out to me, excited to share how they're continuing to stay Crest-Fit.

“

Caring teachers changed my life, and now I have the opportunity to pay it forward.

”

RELATIONSHIPS BUILT ON TRUST

As an educator I've learned that even more than the content you're trying to teach in your class, the relationships you build with your students is the most powerful thing you can do. The key is to get to know your students, take into consideration their likes and dislikes, and then find a way to incorporate those interests into what you are doing in your class.

Today, I've become more than just a teacher for many of my own students. I am a father figure, counselor, role model, superhero, best friend and most importantly, their No. 1 fan.

Darrion Cockrell, or “Mr. DC” as he is known at Crestwood Elementary School in St. Louis, MO, teaches physical education to students in grades K-5. Cockrell is a role model for his students and an inspiration to his fellow teachers. He focuses on creating relationships that support the importance of staying active and healthy and is the creator of the Crest-Fit training program.

Cockrell was recently named Missouri's 2021 Teacher of the Year. In April, he will be one of the keynote speakers at [SHAPE America's 2021 Virtual National Convention & Expo](#).

Considering my students' interests and building trust has become the foundation of my lesson preparation. Incorporating music, dance, games, and even real-world problems into my units has revitalized the way my students view fitness and has increased overall engagement.

I get to know my students on a personal level, inquire about their interests, and support them in their hobbies outside of school as well.

We joke, laugh, hug, high five and fist pound. My open-door policy and positive attitude allow my students to feel comfortable, confident and safe in class.

Caring teachers changed my life, and now I have the opportunity to pay it forward. Every day, I strive to energize students through my love, support and passion for life.



Wellness Training Specialists provides high quality professional development with original content, gifted trainers, compelling materials and an emphasis on real-world application. Our workshops expose schools and communities to new ways of thinking, challenging them to find solutions and assisting their professional growth.

New Workshops for 2021

- **Transforming Compassion Fatigue into Compassion Satisfaction- Selfcare for Educators and School Staff**
- **Culturally Competent Teaching in Physical Education**

To find more information about the workshops we offer go to www.welltrain.org or contact Terry Jones at terry@welltrain.org



2021 Virtual National Convention Preview

Connect and learn at #SHAPEVirtual!

5 days of live sessions | 100+ hours of professional development | 45 days of full access

Each year, thousands of health and physical educators — from K-12 teachers to university professors and researchers — come together at the SHAPE America National Convention & Expo.

There’s always a powerful, positive energy at the event that inspires attendees long after they’ve headed home.

This year’s convention — held virtually — will be different. For one thing, attendees will already be home ... and that means BIG savings on hotel and travel costs!

Register by Feb. 24 and SAVE with [Early Bird rates!](#)

High-quality PD — at an unbeatable value!

Attending the virtual convention is the best way to maximize your professional development this year.

All 100+ educational sessions will be recorded — and your registration gives you full access to all of them for 45 days after the event!

Choose from a broad range of sessions — by expert educators — in five main categories:

- Physical Activity
- Physical Education
- Health Education
- Professional Preparation
- Research

Whether you’re a future professional, novice teacher or veteran educator, you’ll find sessions that inform and inspire. Most importantly, your students will benefit from the knowledge and resources you bring back to your classroom!

SHAPE America Contact Hours and CECH for CHES/MCHES are available.



The interactive #SHAPEVirtual experience will start in the “virtual lobby.”

Now if you’re thinking the convention will be just like all those Zoom meetings and webinars you’ve participated in this year, think again. Our robust, interactive platform will make it easy to:

- ▶ Build new relationships and grow your professional network.
- ▶ Share ideas with other health and physical educators — in small groups and one-on-one.
- ▶ Learn from experienced health & PE teachers and other industry experts.
- ▶ Ask questions to presenters during each session’s Q&A.
- ▶ Visit the virtual exhibit hall for games, giveaways and personal 1:1 service.
- ▶ Have FUN during wellness breaks, family-friendly activities and adult social events!

COMPELLING KEYNOTE SPEAKERS

Tuesday, April 13 — Opening General Session



DR. ADOLPH BROWN
Servant-leader, lifelong social justice advocate, and career teacher educator



DANIEL LIEBERMAN
Harvard professor and author of Exercised: Why Something We Never Evolved to Do Is Healthy and Rewarding

During the Opening General Session, we will recognize:

- ▶ SHAPE America Majors of the Year
- ▶ Mentor of the Year
- ▶ SHAPE America Impact School Grantees
- ▶ Top Fundraising health. moves. minds.® Schools

You'll also have the opportunity to engage in a roundtable discussion with your peers and enjoy a fun physical activity break sponsored by KIDZ BOP.

Friday, April 16 — Closing Celebration



DARRION COCKRELL
Elementary physical education teacher and Missouri's 2021 Teacher of the Year

During the Closing Celebration, you'll have an opportunity to socialize and celebrate with your peers as we recognize the 2021 SHAPE America District Teachers of the Year — and announce the six 2021 SHAPE America National Teachers of the Year.

The Closing Celebration is sponsored by Gopher. The SHAPE America Teacher of the Year Program is supported through our Partner Network — SPARK, Wellness Training Specialists, Gopher and Goodheart-Willcox Publisher.



◀ Register by March 10 and receive your exclusive Kindness is Everything mask!

What Teachers Are Saying About the SHAPE America National Convention

Bethany Chapple
*Adapted PE Teacher
 Duluth, GA*



"I love attending the national convention because I leave with new ideas, new friendships, and a major boost of motivation. It reminds me how lucky I am to have a job I love."

Brian Hull
*2020 SHAPE America National High School Physical Education Teacher of the Year
 Denver, CO*



"Attending the national convention is one of the best things you could ever do as a health and physical education teacher. The professional development and sessions are some of the best experiences and learning you'll engage in all year!"

Ann Paulls-Neal
*Health/PE Teacher and Department Chair
 Albuquerque, NM*



"I am looking forward to this year's new-style convention. It will not be the same, but I expect to still have great conversation, connection and content. Having a full convention online lets me be present, rather than balancing workday and webinars."

Join the conversation at #SHAPEVirtual



jlobianc @jlobianc · Jan 30
 Admins: There's never been a more cost-effective way 2 send your whole staff to #SHAPEVirtual .It's career altering 4 tchrs who haven't been there. This year, we can send more staff because there's no travel expenses. The budget is there!! Invest in them.-They need/deserve it.



Bob Knipe @kniper1 · Jan 21
 #PhysEd and #HealthEd Make a plan today to attend the premiere national convention for our field. The @SHAPE_America "Justification Toolkit" will help you pave and pay the way. #SHAPEVirtual



Kentucky SHAPE @KY_SHAPE · Jan 14
 Normal convention years we can only allocate so many people to attend due to cost of travel, hotels & food...not the case this year with #SHAPEVirtual! Our funds can go so much further and impact so many more members with the best of the best in the HPE community! @SHAPEAmericaSD

SCHEDULE-AT-A-GLANCE

All times listed are in Eastern Daylight Time

TUESDAY, APRIL 13	
10:00 a.m. – 5:00 p.m.	Special Events & Lectures
5:00 p.m. – 6:00 p.m.	Big Feats Virtual Race
6:00 p.m. – 7:00 p.m.	Exhibit Hall Preview
7:00 p.m. – 9:00 p.m.	Opening General Session
WEDNESDAY, APRIL 14	
10:00 a.m. – 10:30 a.m.	Morning Wellness
10:30 a.m. – 11:15 a.m.	Coffee Talks
11:30 a.m. – 12:15 p.m.	Educational Sessions
12:30 p.m. – 1:00 p.m.	Exclusive Exhibit Hall Hours
1:00 p.m. – 1:45 p.m.	Educational Sessions
2:00 p.m. – 2:45 p.m.	Lunch & Learn
3:00 p.m. – 3:15/3:30 p.m.	Fun!
3:30 p.m. – 4:15 p.m.	Educational Sessions
4:30 p.m. – 5:00 p.m.	Exclusive Exhibit Hall Hours
5:00 p.m. – 5:30 p.m.	Afternoon Wellness
5:30 p.m. – 6:15 p.m.	Educational Sessions
6:30 p.m. – 7:00 p.m.	Family Fun!
7:00 p.m. – 8:00 p.m.	Adult Social Event
THURSDAY, APRIL 15	
10:00 a.m. – 10:30 a.m.	Morning Wellness
10:30 a.m. – 11:15 a.m.	Coffee Talks
11:30 a.m. – 12:15 p.m.	Educational Sessions
12:30 p.m. – 1:00 p.m.	Exclusive Exhibit Hall Hours
1:00 p.m. – 1:45 p.m.	Educational Sessions
2:00 p.m. – 2:45 p.m.	Lunch & Learn
3:00 p.m. – 3:15/3:30 p.m.	Fun!
3:30 p.m. – 4:15 p.m.	Educational Sessions
4:30 p.m. – 5:00 p.m.	Exclusive Exhibit Hall Hours
5:00 p.m. – 5:30 p.m.	Afternoon Wellness
5:30 p.m. – 6:15 p.m.	Educational Sessions
6:30 p.m. – 7:00 p.m.	Family Fun!
7:00 p.m. – 8:00 p.m.	Adult Social Event
FRIDAY, APRIL 16	
10:00 a.m. – 10:30 a.m.	Morning Wellness
10:30 a.m. – 11:15 a.m.	Coffee Talks
11:30 a.m. – 12:15 p.m.	Educational Sessions
12:30 p.m. – 1:00 p.m.	Exclusive Exhibit Hall Hours
1:00 p.m. – 1:45 p.m.	Educational Sessions
2:00 p.m. – 2:45 p.m.	Lunch & Learn
3:00 p.m. – 3:15/3:30 p.m.	Fun!
3:30 p.m. – 4:15 p.m.	Educational Sessions
4:30 p.m. – 5:00 p.m.	Exclusive Exhibit Hall Hours
5:00 p.m. – 5:30 p.m.	Afternoon Wellness
5:30 p.m. – 6:15 p.m.	Educational Sessions
6:30 p.m. – 7:00 p.m.	Family Fun!
7:00 p.m. – 9:00 p.m.	Closing Celebration & Social Event
SATURDAY, APRIL 17	
10:00 a.m. – 3:00 p.m.	Lectures, Special Events, Awards
3:00 p.m. – 4:00 p.m.	Big Feats Virtual Race

WHAT TO EXPECT

Morning & Afternoon Wellness

These sessions give you a chance to practice self-care, fight digital fatigue, and stay active with a variety of workout routines, mindfulness exercises and meditation. Available on demand so you can participate either at the reserved time in the schedule or whenever is best for you.

Coffee Talks

Coffee talks are informal and unscripted networking conversations where small groups of educators meet “face to face” to discuss a specific topic. Come share a beverage with your fellow educators to learn from their successes, brainstorm ideas and solutions, share your own “wins,” and discuss key topics and timely issues in health and physical education. These sessions will not be recorded and are limited to attendees only (exhibitors and sponsors will not have access to the conversations). *Attendance limited — join early.*

Educational Sessions

The same quality professional development you know and expect from our national convention! Many sessions will be pre-recorded to avoid technical issues but will include live engagement with presenters and other participants through polls and live chat — as well as a live Q&A at the end of each session.

Exclusive Exhibit Hall Hours

A robust virtual exhibit hall will provide opportunities to schedule 1:1 chats with exhibitors, browse show specials, and watch video demos highlighting equipment and resources from an array of companies and nonprofits that provide products, services and other resources to support effective health and physical education.

Lunch & Learns

Grab a bite to eat and join one of our Lunch & Learn sessions where expert panelists will discuss a specific topic and answer key questions from attendees. *Live attendance is limited — join early.* Can't make the session live? Don't worry! We'll record these sessions and make them available for you to view later.

Fun!

We know it can be hard to find time in your day to relax and have a little fun, so we've carved out some time in the program schedule for you to do just that! These activities have varying levels of engagement so you can choose how active or relaxed you'd like to be!

Family Fun

After a day of learning, grab the family and get ready for some fun! These specially curated sessions will give you and your family a chance to engage in some lighthearted fun with other educators and families across the country!

Social Events

Connect with friends and colleagues at one of the virtual social events that will close out each day!

2021 Registration Rates

	Early Bird <i>(through Feb. 24)</i>	Regular <i>(after Feb. 24)</i>
VIRTUAL CONVENTION		
Discounted Member Registration Fees		
SHAPE America Basic Professional Member	\$255	\$275
SHAPE America Professional & Life Member	\$195	\$215
SHAPE America Collegial State Member	\$195	\$215
SHAPE America Student or Collegial State Student Member	\$75	\$95
SHAPE America Emeritus/Retired Member	\$80	\$100
Non-Member Registration Fees		
Non-Member (Includes a one-year SHAPE America Select Professional membership)	\$335	\$355
Student Non-Member (Includes a one-year SHAPE America Student membership)	\$135	\$155

PURCHASE ORDER POLICY:

On or before April 2, 2021: Purchase orders will be accepted by mail, email, or fax:

- ▶ Mail: ATTN: SHAPE America, PO Box 17040, Baltimore MD 21298-8910
- ▶ Email: askmemberships@shapeamerica.org
- ▶ Fax: 703-476-9527
- ▶ Direct questions to: shapeamerica@maritz.com | Phone: 864-342-6260

Purchase orders must be accompanied by a completed registration form and signed waiver for each attendee. A copy of your original purchase order, not just the purchase order number, must be received in order to process your registration(s).

DON'T MISS THE VIRTUAL EXHIBIT HALL

Confirmed exhibitors as of February 11, 2021

PREMIUM VIRTUAL BOOTH

American Heart Association	Gopher	Polar Electro
Dove Self-Esteem Project/Cairn Guidance	Jones & Bartlett Learning	SPARK
Everlast Climbing	Outdoors Tomorrow Foundation	United States Tennis Association
		US Games

STANDARD VIRTUAL BOOTH

The Daily Mile	Marathon Kids	Rollerblade Skate in School
Erika's Lighthouse: A Beacon of Hope for Adolescent Depression	New York Road Runners	Springfield College
fit - Sanford	North Dakota State University	Strider Education Foundation, Inc.
Goodheart-Willcox Publisher	Palos Sports	United States Fistball Association
Heart Zones USA	Prevention Plus Wellness, LLC	University of Arkansas Global Campus
Human Kinetics	QuaverEd	US Lacrosse

SPECIAL THANKS TO OUR 2021 VIRTUAL NATIONAL CONVENTION PROGRAM SPONSORS

As of February 11, 2021

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CHAMPION



MVP



ALL-STAR

The Cooper Institute

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Introducing health.moves.minds.® in Higher Ed

Tips from a PETE classroom

FRAN CLELAND

Professor and Program Chair, Health and Physical Education Teacher Certification Program
West Chester University (Pennsylvania)

This fall was my 31st year teaching physical education teacher candidates the content and process of teaching elementary physical education. But as we all know, fall 2020 was anything but typical.

Due to the pandemic, I had to teach my Curriculum & Instruction: Elementary Physical Education (“HPE 300”) course virtually — for the first time ever!



A CCFA second grader participates in a lesson on balance via Zoom.

I started by envisioning a new approach to this pedagogy course. I also decided to challenge myself — and my students — by incorporating social and emotional learning into the weekly physical education lessons we’d be teaching (via Zoom) to second graders at Chester County Family Academy (CCFA).

Every Wednesday morning, the teacher candidates enrolled in HPE 300 taught a lesson to the second-grade students at CCFA. I had designed these lessons to be primarily based on Standard 1 and Standard 3 grade-level outcomes; however, we also addressed Standard 4 by embedding a social and emotional learning component within the weekly physical education lessons.

I conveyed to my teacher candidates that due to the pandemic, it was very important to address students’ social and emotional needs. To do this, we incorporated materials from SHAPE America’s health.moves.minds. program.

Integrating SEL

In each physical education lesson, my HPE 300 students integrated social and emotional learning. Here is an example of the Mindful Minute instant activity:

Dr. Cleland will share her screen and play a minute-long video of an ocean scene. Have your student sit “crisscross applesauce” and listen/watch the video. After the video have them tell you **how seeing the ocean and hearing the sound made them feel**. You may need to prompt their ideas.

- Are you more relaxed and ready to learn in physical education?
- Did you feel happy when you saw the beautiful ocean and heard the peaceful sound? Did it make you feel good inside?

Great! Now we are ready to start our physical education lesson!

(continued on page 4)



After the lesson, the second graders reflected on their own feelings using this emoji scale.

SHAPE America’s health.moves.minds. program offers lessons and activities that teach kids to thrive physically and emotionally — and includes flexible fundraising options to help you make the biggest impact in your school and community.

You can share your success with health.moves.minds. — and bring national attention to your school — by contributing to *In the Zone!* If interested, email healthmovesminds@shapeamerica.org.

fundraising focus

School Success Stories

Neuqua Valley High School NAPERVILLE, IL

BILL CASEY | *Physical, Health, and Driver Education Department Chair*

Our department has always known how important it is to go beyond the classroom to help our students and make a difference. One of our colleagues, Tom Schlegel, had a saying that he believed in: Live your legacy. Ever since Tom died in 2006 from non-Hodgkin's lymphoma, we have honored his memory and positive influence by organizing an annual 5K run using "Live Your Legacy" as the motto.

I reflect on this motto often. For me, it means continually working to do things that are worth remembering and for which I want to be remembered. This could mean having positive relationships with everyone, always trying to make a difference, and putting in the extra effort to organize events such as our school's 5K and health. moves. minds.® events.

Our recent health. moves. minds. event was an outstanding success — for the high school and the community! We didn't emphasize the fundraising aspect, but rather offered it more as "Take the time to see what we are doing and if this is something you believe in, consider making a contribution."

We successfully raised \$4,000 with this approach! What really made our contribution feel important was the ability to select where we wanted the collected funds to go. We chose our local chapter of the National Alliance on Mental Illness (NAMI), which has helped our community for years. We knew this was a perfect tie-in to our event as they also come into our high school annually, for no cost, to give important talks to our students.



Students and staff at Neuqua Valley High School filled out leaves on the "Tree of Gratitude" to thank people in their lives.

The health. moves. minds. program helps you easily organize a fundraising event that can have a positive effect on your own community. We at Neuqua Valley High School found this to be a great way to live our legacy. Perhaps you will as well.

Plank Road South Elementary School WEBSTER, NY

TYLER EICHAS | *Physical Education Teacher*

Our school has been passionate about raising money for people with heart issues since we began participating in Jump Rope For Heart® in 2005. When we heard that SHAPE America had a new program called health. moves. minds., we transitioned the school community's passion for raising money for the American Heart Association (AHA) at the national level into the new program, where we would raise money for AHA of Rochester.

We implemented the lesson plans on social and emotional learning, which were well received by our students. Students shared their written commitment to kindness, feelings of empowerment and gratitude, and go-to person when they need support — all of which were posted in the hallways.



Griffin, the top student fundraiser, gives school board members a tour of Plank South as principal for a day.

Our committee created a fun video introducing the program for the kickoff assembly, and our school custodian volunteered to be our "heart hero" to personify how we help real people. We had support from our local grocery store, Hegedorns Market, and parent volunteers assisted with our health. moves. minds.

events in PE classes. Students received wristbands and pedometers to provide some motivation.

Our leading student fundraiser, Griffin, enjoyed the honor of being principal for a day and ended up being one of the program's top individual fundraisers in the country! We were proud to be a leading fundraising school thanks to the passion of our students and families. And, with our portion of the \$22,900 total that was raised — which we received in the form of a Gopher gift card — we plan to transition more of our classrooms into active learning spaces.

Griffin and all of our students hope we continue to raise money for AHA of Rochester through health. moves. minds. We encourage all schools to be a part of this incredible national program.

state spotlights

Whether you are teaching in person or virtually this year, it's easy to integrate the health. moves. minds.® program into your existing curriculum. Best of all — students love the health. moves. minds. lessons and activities!

In this issue, we're shining a spotlight on LaDonda Porter of Kentucky and Leah Wheeling of North Dakota. They are both doing great work with the health. moves. minds. program!



How to Virtualize health. moves. minds.

LaDonda Porter (Kentucky)

Over the summer, I began contemplating my approach to teaching in a potentially virtual setting. As I began planning, I tried to figure how and what I would be teaching to my students. Many considerations came across my mind: space, equipment, and the wants and needs of my students.

My first priority was to address the mental and emotional needs of my students — and I knew I could use the health. moves. minds. program. Coincidentally, SHAPE America released the health. moves. minds. [Virtual and Distance Learning Resource Guide](#) around this time — and it was exactly what I was trying to configure for my remote teaching. With a little creativity, I was able to fit the structure of my daily four-part lesson and truly make everything virtual from the activities to the assessment.



Offering a Graduate Credit Opportunity

Leah Wheeling (North Dakota)

As virtual learning expands its capabilities, ND SHAPE has continued to successfully engage in quality professional development with physical educators across the state. Traditionally, ND SHAPE provides one graduate credit per semester through Joe Deutsch at North Dakota State University. When the fall ND SHAPE conference was rescheduled to February 2021, we needed a topic for the fall credit opportunity and selected the health. moves. minds. program for this purpose.

In November, 19 teachers participated in four Zoom sessions about health. moves. minds. Each night we focused on a specific grade level and discussed the implementation of health. moves. minds. activities, additional resources, and many ideas for hosting a variety of events. Participants enjoyed the format and the opportunity to earn a graduate credit while learning more about the health. moves. minds. program.

How to Host a Fun School Event That Integrates SEL and Builds Community

BY MICHELLE CARTER

In the last 10 months, teachers, kids and parents have had to adapt to all the changes caused by the COVID-19 pandemic. It hasn't been easy.

Students have been affected mentally, physically, socially, and emotionally — and teachers are doing their best to help them cope by integrating social and emotional learning into their classes.

Personally, I'm the mother of a kindergartner, and while I'm fortunate to work from home, there have been many times when I've felt overwhelmed and thought to myself, "I just want to cry!"

If you are a teacher who wants to integrate SEL into your classes — or a parent looking for family wellness resources — I urge you to check out the educational resources on SHAPE America's health. moves. minds.® website.

[Read complete article on the SHAPE America Blog.](#)



Introducing health. moves. minds.® in Higher Ed

(continued from page 1)

Our first lesson, which was on balance, also included lesson objectives for the SEL component of self-awareness, specifically identifying emotions. Here is an excerpt from that lesson:

Lesson Objectives: Students will be able to:

1. Perform a variety of **balances** on different body parts at different levels holding each balance for 3 seconds.
2. Identify how they feel after performing a **Mindful Minute** by verbally sharing their feelings.
3. Identify **how they feel** at the end of the lesson on balance by completing the emoji handout and subsequently debriefing with their college teacher.

At the conclusion of the balance lesson, the teacher candidates asked the second graders to reflect on their own feelings using the health. moves. minds. emoji scale. The students then completed the “Being Kind” assessment, which was emailed to their classroom teacher by the physical education teacher candidates.

In a subsequent lesson we focused on the SEL component of social awareness, specifically understanding and expressing gratitude by saying “thank you.” Here is an excerpt showing how we began this lesson:

What do you have to be thankful for and do you say “thank you” to your parents, siblings, neighbors, etc. when they do something nice for you?

Dr. Cleland will describe one or two scenarios and ask the children how they could respond. For example:

- *You are at the playground and you want to use the swing, but they are all being used. You stand and wait for a swing to be free. When a child gets off the swing and says, “You can swing now,” what should you say to them?*
- *There is some ice cream in the freezer but only enough for one person. Your brother or sister tells you that you can have it. What should you say?*

Overall, integrating SEL into our weekly physical education lessons was a great success. It broadened my teacher candidates’ horizons and helped us all extend more grace in such a trying time.

FLEXIBLE FUNDRAISING MAKES IT EASY TO GIVE BACK

In addition to integrating SEL into our weekly physical education lessons, we also conducted a [health. moves. minds. fundraiser](#). My HPE 300 students and our university’s Health and Physical Education Club created a health. moves. minds. team which raised more than \$2,000! This helped our club and allowed us to provide physical education equipment to a local charter school.



My PE Pack™

By **GOPHER**



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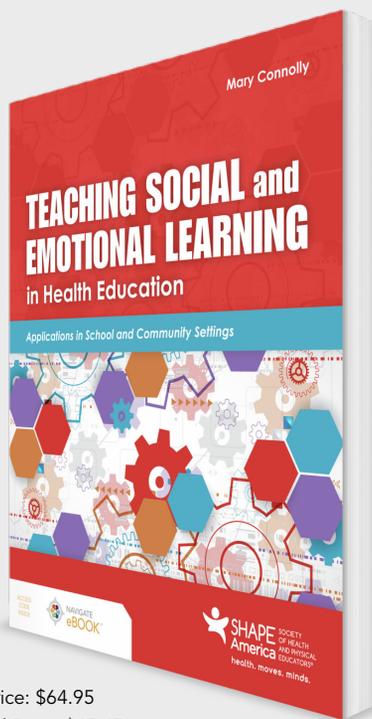
Purchase My PE Packs for your school with the funds raised during your [health. moves. minds.® event!](#)

[LEARN MORE](#)

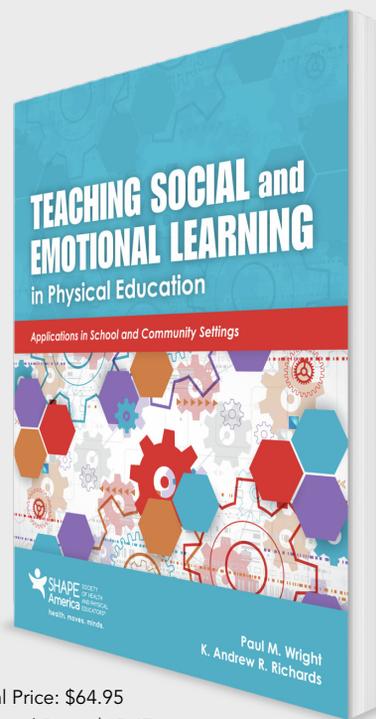


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Celebrating Our District Award Winners

2021 District Teachers of the Year

Congratulations to our District Teachers of the Year! They'll be honored at the 2021 SHAPE America Virtual National Convention, April 13-17, where we'll also announce the 2021 National Teachers of the Year.

ADAPTED PHYSICAL EDUCATION

- CENTRAL:** **Judith Smaic** ★ Centennial Elementary School (CO)
- EASTERN:** **Eric Kohl** ★ Bird/Morgan School (NY)
- SOUTHERN:** **Eileen Tirado** ★ School District of Palm Beach County (FL)

DANCE EDUCATION

- MIDWEST:** **Katie Calandra Kritek** ★ New Trier High School (IL)
- SOUTHERN:** **Lydia Austin** ★ Brenda Cowan Elementary School (KY)

HEALTH EDUCATION

- CENTRAL:** **Katie Seversen** ★ Crestview Middle School (MO)
- EASTERN:** **Jeff Bartlett** ★ Holten Richmond Middle School (MA)
- MIDWEST:** **Maria Schneider** ★ Brecksville-Broadview Heights Middle School (OH)
- SOUTHERN:** **Mary Jo Geddes** ★ Tates Creek High School (KY)

ELEMENTARY PHYSICAL EDUCATION

- CENTRAL:** **Tanner Roos** ★ Linn Grove Elementary School (IA)
- EASTERN:** **Elizabeth Bolger** ★ Lincoln Avenue Elementary School (NY)
- MIDWEST:** **Mike Graham** ★ Williamsburg Elementary School (IL)
- SOUTHERN:** **Crystal Williams** ★ Bailey Station Elementary School (TN)
- WESTERN:** **Kyle Bragg** ★ Anasazi Elementary School (AZ)

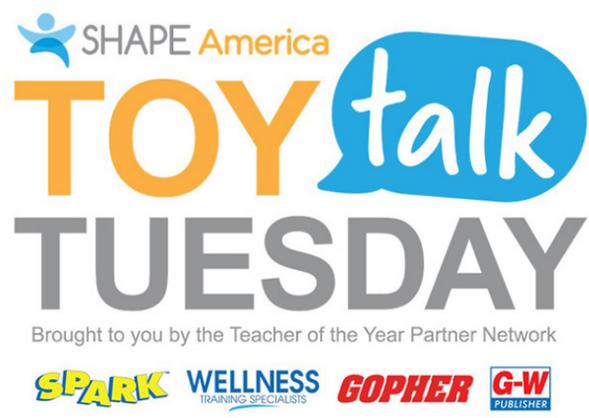
2021 DISTRICT TEACHERS of the YEAR

MIDDLE SCHOOL PHYSICAL EDUCATION

- CENTRAL:** **Jennifer Werner** ★ Wentzville Middle School (MO)
- EASTERN:** **Bo Shappell** ★ Daniel Boone Area Middle School (PA)
- MIDWEST:** **Julie Kenny** ★ Chardon Middle School (OH)
- SOUTHERN:** **Sheryl Ann Henderson** ★ Palm Springs Middle School (FL)

HIGH SCHOOL PHYSICAL EDUCATION

- CENTRAL:** **Ami Schulte** ★ Timberland High School (MO)
- EASTERN:** **Donine J. Kelly** ★ Hamburg Area High School (PA)
- MIDWEST:** **Shannon M. Maly** ★ Sun Prairie High School (WI)
- SOUTHERN:** **Jerry Douglas Honeycutt** ★ Indian Land High School (SC)



TOY Talk Tuesday is a biweekly series featuring tips and actionable resources from SHAPE America's National and District Teachers of the Year.

District Award Winners

CENTRAL DISTRICT

HONOR AWARD

Julie Lueckenhoff (MO)

SCHOLAR AWARD

Jennifer Krause (CO)

KATHLEEN KINDERFATHER AWARD

MOSHAPE Media Team:
Chris Stehle, Guy Danhoff, and Mary Driemeyer

MARK L. HARVEY LEGACY FUTURE PROFESSIONAL SCHOLARSHIP

TBD

MARK L. HARVEY LEGACY RECOGNITION AWARD

Sue Tarr (MN)

EASTERN DISTRICT

HONOR AWARD

JoAnn Doherty (NJ)

LIFETIME ACHIEVEMENT AWARD

Ronald Feingold (NY)

OUTSTANDING PROFESSIONAL LEADERSHIP AWARD

**Dianne Rappa (NH)
David Lorenzi (PA)**

TILIA J. FANTASIA SERVICE AWARD

**John Smith (NJ)
Chip Candy (NJ)**

LINDA WOODS HUBER RECOGNITION AWARD

**Charlie Chatterton (CT)
Christine Baccarella (NJ)
Colleen Weigimont (PA)
Kimberly Razzano (PA)**

ROBERT M. PATE (STUDENT) SCHOLARSHIP

Abby Forlino
West Chester University (PA)

Alyssa Picillo
SUNY Cortland (NY)

Coby Albone
SUNY Brockport (NY)

Joseph Asmus
Central CT State University (CT)

OUTSTANDING FUTURE PROFESSIONAL AWARD

Connecticut
Joseph Asmus
Central Connecticut State University

Madaleine McGee
Eastern Connecticut State University

Maine
Walker Thomas
University of Maine at Orono

Massachusetts
Megan Bell
Bridgewater State University

Natasha Jordan
Springfield College

New Hampshire
Brandon Castor
Keene State College

James Emery
Keene State College

New Jersey
Dana Scherer
The College of New Jersey
Lee Scholefield
Rowan University

New York
Alyssa Picillo
SUNY Cortland

Coby Albone
The College at Brockport

Pennsylvania
Abby Forlino
West Chester University

Lexi Douglas
Slippery Rock University

Rhode Island
Scott Mello
Rhode Island College

Vermont
Callista Lemieux
Norwich University

MIDWEST, SOUTHERN and WESTERN DISTRICT award winners will be announced at a later date.



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EVERYONE PLAYS.



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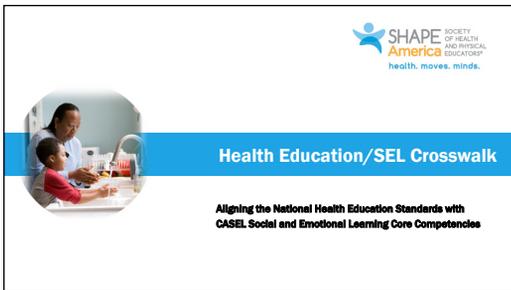
To learn more about teaching tennis in schools, please visit usta.com/schools

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Focus on Health & PE

New! Health Education/SEL Crosswalk



This crosswalk serves as a resource for those aligning the National Health Education Standards with CASEL's SEL competencies and sub-competencies. It gives teachers a pathway for planning a skills-based health education curriculum that aligns with social and emotional learning. [Download Free Copy](#)

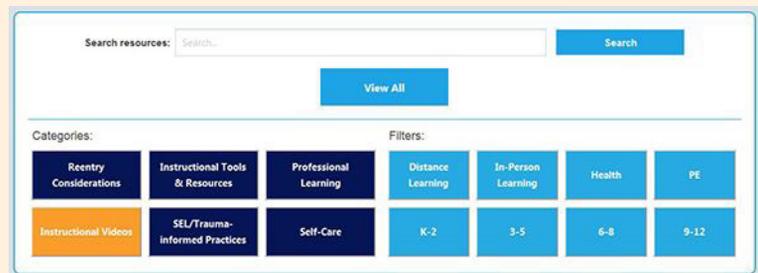
Free Course! Roadmap to Adapted Physical Education



The Roadmap to Adapted Physical Education is a self-paced, interactive course on the SHAPE America Online Institute that will guide you through the core components of adapted physical education services and how to apply these components to your program. [Access Now](#)

COVID-19 Resources Popular!

Use the search and filter options in our **COVID-19 Resource Library** to find webinars, instructional tools, and other resources — all FREE for the HPE community! [View Now](#)



Updated Playbook

The **Planning for the Next Normal at School playbook** provides a collection of evidence-informed guidance developed by



Kaiser Permanente in partnership with more than 30 trusted school health organizations. The content includes interactive checklists and resources for implementing mental, physical, and social health strategies. Chapter 4, authored by SHAPE America, includes recommendations for physical activity, physical education and health education. [Download Now](#)

Free Webinars

Our four-part series, **Critical Conversations on Trauma-Informed HPE**, addresses trauma-informed practice in PETE and HETE programs, as well as K-12 health and physical education. Join us live on February 23 at 5 p.m. ET for the final webinar — the first three in the series are available on demand. [Learn More](#)

[View More](#)
COVID-19 Resources

Stay Current With SHAPE America

The [SHAPE America YouTube channel](#) includes exclusive HPE content, including these popular playlists:

TOY Talk Tuesday: Each episode features tips and resources from SHAPE America's National and District Teachers of the Year.

Unplugged: SHAPE America CEO Stephanie Morris interviews health and physical educators who are shaping the profession.



The new [SHAPE America Podcast](#), hosted by Sean Nevills, features interviews with health and physical education champions who will challenge your thinking and offer tips and ideas to try in your educational setting! [Listen Now](#)

The [SHAPE America Blog](#) shares insights, ideas and resources for the health and physical education community. Subscribe to get the latest blog posts delivered right to your inbox! [Read Now](#)



Twitter Chats



Join other HPE professionals to share ideas and learn about best practices in skills-based health education and physical education. Follow [#SHAPEHealthEd](#) and [#SHAPEPhysEd](#) for upcoming dates and topics.



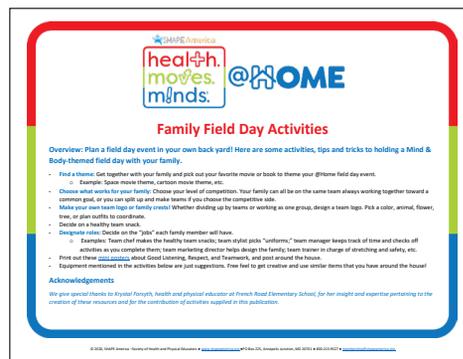
health.moves.minds®

New! Free Mini Lessons

The new health.moves.minds.® Empowerment Through Advocacy unit for grades 9-12 includes four mini lessons that teach students the connection between empowerment and the skill of advocacy. Students will practice recognizing their strengths to build self-confidence as well as create their own advocacy message. They'll learn that it takes confidence to stand up for your health and the health of others. [Learn More](#)

Field Day Resources

- **Family Field Day Packet:** Activities, tips and tricks for holding a Mind & Body-themed field day at home.
- **In-School Field Day:** Wrap up your school year with a Mind & Body-themed field day!



Making Moves for Impact Schools

Big Feats Virtual Race supports high-need schools nationwide

SHAPE America and Gopher Sport invite you to put on your running shoes and join us for the Big Feats Virtual Race, a physical activity challenge designed to engage community members of all ages!

For six weeks (from March 1 to April 17), virtual race participants across the country will set their own movement and/or distance goals and complete the race on their own time, at their own pace — all while raising money for a great cause!

Eighty percent of the funds raised by the Big Feats Virtual Race will be allocated to five Title I schools that were selected through the SHAPE America Impact Schools Grant Program. The

remaining proceeds from the Big Feats Virtual Race will fund health and physical education advocacy efforts and professional development at the state and national levels.

Looking to get your workplace moving for a good cause? Sign up your organization for the [Big Feats Virtual Race](#) as part of your employee wellness program!

The Big Feats Virtual Race culminates on April 17 during the SHAPE America Virtual National Convention & Expo. Look out for Big Feats activities and challenges throughout the convention!

Meet our five Impact Schools and learn how funding will make a difference for their students.

Dundee Elementary School (Mississippi)

“During the summer, we had a storm come through and it blew the roof off our gym. The roof has been replaced, but due to water damage most of our equipment was lost. We plan on using the funds, materials and services provided by this grant to achieve a physical education program that is positive and inclusive of all students.”

Fort Gay PreK-8 (West Virginia)

“We want to build an exercise room in our school to teach students how to use exercise equipment to promote physical literacy. In addition, PE staff could use the room for an after-school program for students, athletic teams could use the room in their conditioning routines, and staff could work out before and after school to achieve their fitness goals.”

The Lexington Academy (New York)

“With the funds our students will receive quality after-school programs with proper equipment for social distancing activities. Both the elementary and middle school students will have opportunities to stay active and have fun after school. These programs will also allow for our middle school students to be leaders to our elementary population.”

Lovejoy Technology Academy (Illinois)

“I believe that our biggest need in our physical education classroom is exercise equipment. All grade levels use the same equipment; therefore, our equipment gets worn down quickly or damaged. Secondly, we have limited amounts of balls, ropes, resistance bands, etc., so all of our students can't participate in the same activities at one time.”

P.S. 154 Jonathan D. Hyatt (Bronx, NY)

“We're developing an at-home fitness library, where students can check out athletic equipment just like they check out books from a reading library. With additional funds, we hope to add fitness trackers and soccer balls to our program. We're also keen to develop the physical space in our school gym.”



Updates From the Research Council

Ali Brian, Research Council Chair

Jennifer L. Walton-Fisette, Research Council Past Chair

The Research Council continues to be an advocate both within SHAPE America and nationally for quality and impactful research. For the 2021 SHAPE America Virtual National Convention & Expo we reviewed more than 250 research and symposium proposals.

Our research program will include symposia, poster sessions, regular oral presentations, and roundtable oral sessions. Roundtables are an increasingly common presentation format at other conferences, affording focused discussions around one topic. We will also have three Research Council lectures as part of the convention's Distinguished Lecture Series, numerous scholars being inducted as Research Fellows, and the second recipient of the Thom McKenzie Grant award.

RESEARCH DIRECTIONS AND FINDINGS

The Research Council is pleased to provide SHAPE America members with UnLock Research materials, which synthesize research findings for both scholars and practitioners. Learn more at shapeamerica.org/research.

SHAPE AMERICA JOURNALS: Something for Everyone

Membership to SHAPE America includes a subscription to the publication of your choice:

- *American Journal of Health Education*: Covers today's health education and health promotion issues head on with timely, substantive, and thought-provoking articles.
- *Journal of Physical Education, Recreation & Dance (JOPERD)*: Appeals to practitioners and academics alike and provides a variety of information on health, physical education, recreation, and dance issues.
- *Strategies*: This popular bimonthly journal delivers practical ideas, how-to information, and tips for sport and physical educators.
- *Research Quarterly for Exercise and Sport (RQES)*: RQES publishes research in the art and science of human movement that contributes to the knowledge and development of theory.

Each digital issue includes one article that is open to all — no subscription required! [View Journals](#)



Research at #SHAPEVirtual

Join us virtually at the SHAPE America National Convention & Expo, April 13-17, for research presentations in the areas of:

- Adapted Physical Education/Activity
- Exercise Sciences
- Motivation & Psychology
- Motor Behavior Measurement & Evaluation
- Physical Activity & Health Promotion
- Sociocultural & Social Justice
- Sport & Coaching
- Teaching & Learning

You won't want to miss these Research Council lectures, which are part of the convention's **Distinguished Lecture Series**:

- **C.H. McCloy Research Lecture:** Hans van der Mars (Arizona State University)
- **Raymond A. Weiss Lecture:** Kim Graber (University of Illinois-Urbana-Champaign)
- **SHAPE America Scholar Lecture:** Darla Castelli (University of Texas at Austin)

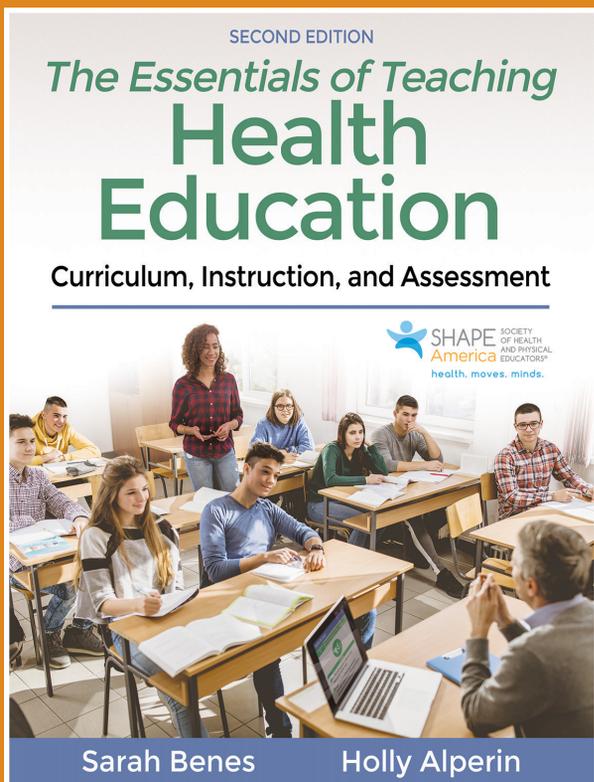
Mark Byra (University of Wyoming) is the 2020 recipient of the **Distinguished Service Award**.

Hans van der Mars (Arizona State University) is also the 2021 recipient of the **Distinguished Service Award**.

The **research fellows** will also receive their awards at the virtual national convention.

View the program and register at shapeamerica.org/convention.

A skills-based approach to K-12 health education



The Essentials of Teaching Health Education, Second Edition

Sarah Benes, Holly Alperin

©2021 • Paperback • 360 pages

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HUMAN KINETICS

Audiences: Undergraduate text for health education majors. Resource for in-service K-12 health educators.

The Essentials of Teaching Health Education, Second Edition, presents a skills-based approach to teaching K-12 health education that prepares students for success in the 21st century. This practical text is written by seasoned and highly credentialed authors with experience in both university and K-12 settings. It provides educators all they need to build, teach, and assess a health education program that will help their students become health literate, develop self-efficacy, and gain the 21st-century skills they need to maintain or improve health and well-being.

This text meets the unique needs of schools, teachers, and students. It emphasizes an individualized approach to enhancing student learning and developing skills based on current research and national health education standards.

This new edition of *The Essentials of Teaching Health Education* features the following:

- Two new chapters: one on the role of health education in the 21st century and the other on equity and social justice in health education
- An updated definition of skills-based health education
- A revised skill-development model that puts learning theory into practice as well as updated research connecting this approach to health behavior theory and learning theory
- A new student resource accessed through HKPropel
- Practical strategies for curriculum design and program development with a skills-based approach
- Real-world examples to help readers understand and apply the content, along with summaries, key points, and review questions that aid in retaining the information
- Vocabulary words and definitions to help students keep up with the ever-changing terminology in health education

To assist students using the text, the second edition of *The Essentials of Teaching Health Education* has related online learning activities delivered through HKPropel. This includes supplementary materials such as worksheets and extended learning activities.

Ancillaries

- Instructor guide
- Test package
- Presentation package
- Student activities