BEST PRACTICES IN TEACHING

By Elizabeth Sharp
SHAPE Colorado President

Happy Spring! Spring is a wonderful time here in Colorado. The trees are starting to bloom, hiking trails are starting to dry out, and adventures wait around every corner. As you begin making plans for the last quarter of the school year, we wanted to share some “best practices” from SHAPE Colorado members. Sharing ideas is one of the great things about organization, so I hope that you will take the time to read some of the great articles in this journal edition.

We would love for you to also share some of your “best practices” in teaching. Consider presenting your ideas at the annual state convention or writing an article for our next journal. We would love to hear from you and have SHAPE Colorado better serve you.

Enjoy your Spring and keep being amazing teachers!

CENTRAL DISTRICT TEACHERS OF THE YEAR

By Donna Carey
SHAPE Colorado Recognition Chair

Congratulations to our very own Kelly Kennedy and Monique Guidry! Kelly has been selected as the Adapted Physical Education Teacher of the Year and Monique has been selected as the High School Teacher of the Year for SHAPE America Central District. Central District is made up of Colorado, Wyoming, Kansas, Nebraska, Minnesota, Missouri, North Dakota, South Dakota, and Iowa. They will now move forward to the National level where they will submit their essays, a twenty minute video of their teaching and participate in an online interview. The National Teachers of the Year will be announced at the National SHAPE America Convention in Minneapolis, MN, April 5-9, 2016. We know Kelly and Monique will represent us well!

Do you know a teacher or professor that deserves to be recognized by SHAPE Colorado? Nominations are open with a deadline of April 24, 2016. Nominations can be made on our website, shapeco.org, under the Convention tab. If you have any questions, please contact me at dkcarey@aps.k12.co.us.
Hello SHAPE Colorado Friends,
Do you have a passion for what you teach? A burning curiosity to explore something new and share the excitement with your colleagues? Can you inspire a new generation of educators? SHAPE COLORADO wants you to present at 2016 Convention!

Each year your SHAPE Colorado Board Members strive to bring you relevant, fun and engaging content at the annual convention. At the conclusion of each convention we send out a survey and one of the questions asked is “what would you do to improve the content of convention?” and we are incredibly grateful for the responses we receive. Here’s what you asked for in 2016 and we need your help finding presenters for the following:

- Activity-based adapted session
- Games from around the world
- More health sessions
- Jump rope
- Activities for Pedometer use
- Cross content lessons - health/PE
- Weight training
- More ideas surrounding wellness and lifelong fitness
- Outdoor education curriculum
- Strategies for classroom management
- High school yoga
- K-8 yoga
- Brain based movement
- More sessions available on technology, classroom management, activities that address large class sizes and small gym spaces
- Sessions on resourcefulness if your building has no budget
- Not just assessment, but grading practices
- More weight lifting and aerobics class sessions targeted for high school students

Help your colleagues! Make your mark on your field! Be awesome – present at 2016 convention! Click here to submit your session proposal.

By Renee DeBell
Convention Manager

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This month’s Journal is dedicated to best practices, those lessons, units, events that stretch us as educators and move our students to places they never thought possible. One thing I’ve noticed when best practices are used, is that there are no limits to the skills and expectations being explored. When best practices are incorporated into a program, that program continues due to it’s strong merits.

I had the opportunity to visit a program taking place at Devil’s Thumb Ranch that stretches the students and amazes the adults in ways no-one knew possible. In the winter, Devil’s Thumb, located just past Winter Park in Tabernash, is home to an incredible cross country ski and snowshoe area. Every Thursday for 6 weeks, students with autism come up to experience the solitude of the outdoors, and learn to cross country ski. This program started 10 years ago, when Beth Fox of the National Sports Center for the Disabled came to our fall COAHPERD convention offering a grant for students with disabilities to try cross country skiing. Kenny Webb of Aurora Public Schools and myself jumped at the chance to sign some of our students up. Now 10 years later Kenny, myself and the special education teacher have moved on in our careers, but the special education teacher took this grant to her new district and has introduced this lifelong sport of cross country skiing to a whole new group of students with autism in a Denver elementary school. Students with autism often have “uneven motor skills”, meaning they may be behind in some areas of their gross motor development and on target in other areas. They may be overly sensitive to touch and loud sounds, and working with others and understanding social cues is often difficult. Do you see where I’m going with this? Cross-country skiing is the perfect activity to introduce these students to. Balance and motor patterning (glide) skills can be practiced in the physical education class by using carpet squares turned up side down to “ski” on. And for our students who are “runners”, placing skis on them allows them to move, move, and move in a safe environment. This program is the definition of best practice. Students who in their first year of skiing could only go a few hundred yards are now out-skiing their volunteer instructors. Children, who wouldn’t wear socks, now put them on eagerly because they know this is the only way they will be allowed to ski. We have seen students who act out daily in the overstimulating school environment, relax with the fresh air and open spaces and movement opportunity offered by cross-country skiing. The students have written books that they read every week, showing photos of the routine of taking the bus at 6am, skiing, petting animals at the barn they ski to, eating lunch with their friends, and heading back to school. The balance and rhythm/pattern required for this sport are foundations of learning to read as they are incorporating both sides of their brain. Students who would not look at other people are looking at and interacting with their volunteer instructors... it’s magical.

Ten years ago, when this opportunity was presented, no one had any idea of the outcome, but it fell under the definition of best practice. It was creative, unique, and met the needs of children who need people to think outside the box. The children’s need to move was met in a safe and inviting environment. Last year on “parent day”, over 60 family members joined their children in experiencing a new, life long activity. Beth and Jim the program coordinator who started this program with the National Sports Center for the Disabled are still working with this wonderful group of kids, along with quite a few volunteers who have become second family to some of the students. This group of students now have the experience and skills of a life-long activity all due to the creative, forward thinking ideas of a group of people who had their eye on the goal of creating Best Practices for children.
This spring, Woodglen Elementary staff members in Adams 12 had the opportunity to participate in The Amazing Race. The focus for The Amazing Race was to create opportunities for team collaboration and communication, build health and wellness lifestyle habits and most of all create a positive, fun work environment for all staff members. I have taken certain components of the TV show and incorporated them into this staff wellness program. For example, teams travel to different “pit stops” around the world and we use physical activity time that correlates with travel flight time. There are detours, where teams need to choose between two different physical activity or exercise challenges. Finally, there are roadblocks, where the teams choose one team member to participate in a variety of Minute to Win It Challenges. I have a bonus “Biggest Loser” component, where individuals who are wanting to lose the weight or body fat can earn bonus points for their team. We weigh in every week to ensure accountability and motivation. I created a “clue” box and use Google Docs, which allow for communication between myself and all participants so instruction during the day is not interrupted. Being able to put together a program for my staff to help them embrace healthy living habits has been very rewarding. Please email me at shannonloveridge13@gmail.com if you would like the documents I have created to put this program together.

SHAPE Colorado members should be thinking right now about how they would spend some $$ if they apply for the SHAPE Colorado 5280 grant! I applied for it this past September and received $400.00 toward an equipment proposal for my school, Laredo Elementary. Laredo Physical Education has had no budget for the last few years and this grant really went a long way toward purchasing some needed items for my students. What a great way for SHAPE Colorado to give back to its members! My students will enjoy a cart full of table tennis equipment this spring! Thank you to SHAPE!
My SHAPE Colorado Convention Experience

By Andy Browning
Colorado Mesa University Student

When I first made the decision to go to the state convention, I went all in with that decision with confidence and faith. It definitely took a lot more faith than confidence, especially since I would be missing time with school and classes. I also had no idea what to expect from the convention, but I wanted to learn everything I could about being the best P.E. teacher that I can be. The only thing I knew was that you will learn a lot and since I had spent time fundraising for our university’s physical education club, I hardly had to pay anything out of my own pocket.

Once we get to the hotel, they had all sorts of fun and interesting booths that could all be used for a physical education program. There was different equipment, different textbooks on how to be a better P.E. teacher, and lots of smaller equipment that is cheap and affordable to use. The most interesting and awesome piece of equipment that I saw was a blue board that was set up like a ramp and the people at the booth showed a video board that was set up like a ramp and the piece of equipment that I saw was a blue pocket.

Meanwhile the sessions that we went to over the course of the three days had everything that I could ever ask for. The first with the future professional’s workshop showed everything from managing your class, to more fun and active instant activities, to adapting your lessons for every student. Since I also want to be a coach someday, there were some sessions that were very helpful for me. Of all the coaching sessions that I went to, the most helpful one for me was the team mental coaching techniques because it is important for me to have a good routine in order to develop the team chemistry that makes a team successful.

Finally, if there was anything that I learned from most at the convention, it would have to be the networking. Getting to meet P.E. teachers and coaches from across Colorado inspired me more and more about how beneficial it is to be going in to the physical education profession. I got to hear personal stories and encounters from some of the best teachers and coaches in Colorado and to learn what they have experienced in all their years of teaching and coaching. What I learned mostly was that this profession is a continuous learning experience and that I am always looking to learn new ideas and adjust any lesson I teach in the best interest of the students.

I am also a volunteer Young Life leader in a high school nearby and the community that we have around that organization was something I connected to. As the unit fast approached I began to think of ways that I could make it a safe, as comfortable as possible, and trusting space as I could. Sometimes, because this subject tends to make most uncomfortable and laughing is a way of releasing the tension I expressed to them while following up with “just don’t laugh all the time!”

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5 Survival Steps to Teaching Sex Education

By Emily Graves
Physical Education Teacher

It was that time in the health curriculum, time to teach human sexuality and reproduction! Many are uncomfortable with talking about this subject with their own kin, let alone to a class full of 7th grade boys and girls. As I read through the district curriculum and the lesson plans they assigned me to teach, I began to feel nervous. So many questions and comments arose, “Am I really going to say that?” “What about their comfort level?” “What about my comfort level?” “I have to show them pictures?” “I don’t even know what that does?” Here I was thinking all these things that frightened me and caused lumps in my throat but the truth is, my students felt the same way. Teaching sex ed. is just as uncomfortable for me as it is for me, but we were going to make it though in a positive, safe, and respectful manner. “It’s ok to laugh sometimes, because this subject tends to make most uncomfortable and laughing is a way of releasing the tension” I expressed to them while following up with “just don’t laugh all the time!”

STEP 2: Warn the students! Before even beginning the unit I gave them the exact date we would start with a syllabus so they knew what to expect and when. It was this time that I talked to them about how it’s just as uncomfortable for them as it is for me, but we were going to make it though in a positive, safe, and respectful manner. “It’s ok to laugh sometimes, because this subject tends to make most uncomfortable and laughing is a way of releasing the tension” I expressed to them while following up with “just don’t laugh all the time!”

STEP 3: Prepare the teacher! Mentally, verbally, and emotionally. I went through every single lesson, learned my vocabulary and refreshed myself on the entire unit before it began. Made my copies and googled the things that “I don’t even know what that does” came from. I practiced saying, out loud, the anatomical names for the makings of the reproduction system. Although reciting these words...
Let’s Move Active Schools

Be a Champion.
Lead a movement for 60 minutes of physical activity a day for your students.

Sign up at
letsmoveschools.org
SHAPE Colorado, First off Columbine Elementary thanks you for the 5280 equipment grant. The students are really enjoying the new equipment bought with the money. We were able to fill our PE closet with some much needed equipment.

We were able to purchase Diablos, Peacock feathers, and some new juggling scarfs. We have used these in units that work on hand eye coordination and balancing. Here are some pictures of the students using them.

We were also able to purchase some noodles, fox tails, poly spots, blindfolds, buckets, and foam dice. Most of our students have never seen a fox tail before. They were so excited to go outside and use them.

We are very excited in planning our new team building units and plan to use the blindfolds, noodles, and poly spots in each of these units. Our fitness unit was in desperate need of some new foam dice so we look forward to using those during that too.

Once again we want to send out a huge THANK YOU to SHAPE Colorado. Our students are being challenged in ways they have never been before and this new equipment has improved our program one hundred percent. We are so grateful for the grant.

didn’t help my nerves at first, in front of all those eyes, it did help me fake my facial expressions. I can only assume that it must have been that because not long after speaking, students were reciting those words back to me with no hesitation.

STEP 4: Give students time to read through! With every assignment handed out, I gave them 3-5 minutes to read through and check out what we were going to learn about. This helped with the surprise factor, and yes I tested it. I learned quickly to give them time to adjust to everything we were watching or reading before I started teaching about it. That was until a student came in twenty minutes late on the day we were identifying the parts of the male reproductive system. His looked up at the white board, his eyes got big, and his mouth dropped open with shock and “gross” came out.

STEP 5: Watch the movie! Even if another teacher tells you that “the movie” isn’t “the movie” of a woman giving birth that we all remember having to watch in school. I made the mistake of not watching all of the movie. I was doing some grading while the students watched, when suddenly I hear students yelling in disgust. Turns out the movie ends with a full 20 seconds of a vaginal birth. I couldn’t control myself, even though I was surprised as well, I instead laughed. I laughed at the student’s faces of terror and disgust. I had students on their feet, covering their mouths, looking away, walking to the back of the room and yelling “Ms.Graves! Why?!” Needless to say, I had a great belly aching laugh to end my day, a wonderful memory of 7th grade health, and I think I reached them in the pursuit to lower teen pregnancies.

To be fully prepared for teaching sex education is never going to happen, but that doesn’t mean you shouldn’t brace yourself for it. These steps should help in the journey through human sexuality when teaching any health class. My overall best advice is to prepare everyone involved, because after all, sex ed is scary at any age.

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Hello SHAPE CO Members and Educators,

If you haven’t done a jump rope for heart program right now is the perfect time to get started! There are so many things that you can do to run a successful Jump / Hoops for heart program. If you follow these Best Practices you are sure to come away a successful jump rope for heart program.

Planning is the single most important thing that you can do to have a successful event. The American Heart Association provides a detailed planning guide to help you every step of the way. Working with your AHA representative to plan your program and using all the tools provided will help you to be successful in your program!

Keep it fresh and fun for the students! I do this by mixing in new games and activities along with old favorites and incorporating new incentives for students to sign up and participate. There are SO many resources that you can find as a teacher through the AHA, your favorite PE website, and http://www.shapeamerica.org/jump/ including a teacher’s toolbox with lesson plans, activity calendars and much more.

Without question, one of my favorite things about doing Jump Rope for Heart is teaching the importance of developing heart healthy habits as well as teaching value of helping others. It would be a huge disservice to your students not to include health and philanthropy in your JRFH program. Not only should you be teaching your students how to jump rope, but also ALL the tools they need to keep their hearts healthy through a lifetime. After many years of coordinating Jump Rope for Heart at my school, I have found a few Do's and Don'ts when it comes to thank you gifts. One thing I always try to do is highlight the importance of helping others versus making it all about the gifts. Each week I discuss how our school fundraising is making a profound impact on others by sharing survivor stories. When I bring up prizes, I always note that they are not the main reason for Jump Rope for Heart. They are not “prizes”, but are thank you gifts to celebrate our students being heart heroes! When it comes to managing them, it’s important to have a clear day/time for students to pick them up. Come up with your own system for keeping track of what prizes you have given out or better yet, recruit a parent/staff member who can help!

Over the years I have found that what you put into something usually reflects what you get out of it. By taking the time to plan and organize your event it will greatly impact how successful your program is. Failing to think through your plan could negatively impact your Jump Rope for Heart program so be sure plan ahead to make this year your BEST YEAR EVER!

As always, feel free to contact me if you have any questions about Jump Rope and Hoops for Heart at Jason.Mondragon@du.edu

Heart Survivor Story

Thank you for your support of the AHA – without your schools’ participation, we could not continue our lifesaving work!

Before I was born I had heart disease, but no one knew at the time. When my mom took me to the doctor for my 18 month checkup, they found out that I had a heart disease. 7 days later I had an open heart surgery. The surgery was on September 17th which we now call Lulu day celebrating the day I had heart surgery. We celebrate this day every year. Afterwards, I needed to be hooked up to oxygen. I couldn’t play with other kids because I couldn’t be sick. My dad made me a playground in the basement which had 1 slide and 3 swings. Since then I have been ok, but sometimes I get sick and get headaches. A couple months ago my cardiologist said it’s time to fix my heart again. My left valve is leaking to much. On March 15th, I am going to have another heart surgery. The best part is that I now get to have 2 Lulu Days!

Jump Rope for Heart from Around the State!
Colorado has lost a very special teacher, administrator and friend. Dr. Dale Keith Lumpa passed away on November 7, 2015 at age 54 near his home in Thornton, CO following a lengthy battle with cancer.

Dale was born in Iowa City, IA on August 11, 1961 the son of Bill and Janet (Mickelson) Lumpa. He married Kay Frances Mackintosh on September 8, 1990 in West Branch, IA. They have two daughters, Mariah (20) and Jillian (16).

After graduating from West Branch High School, Dale played baseball at Kirkwood Community College, then completed his BS at the University of Iowa in Physical Education in 1983. He went on to achieve his Masters, Specialist, and Doctorate in Administration at the University of Missouri in 1996. Dale had a long and successful career in education that started as a PE/Health/Social Studies teacher in Renick, MO. Then he advanced to Principal at age 26, and continued to work in Administration at Simonsen Jr High and Lawson Elementary in Jefferson City, MO. After 12 years in Missouri, Dale and his family moved to Denver, CO and he began his career for Englewood Schools. Dale worked as Principal at Charles Hay Elementary. He was Principal there for eight years, then decided to go back to his first great love, Physical Education. He became the PE teacher at Charles Hay, and then eventually District Wellness Director with Englewood Schools for the rest of his career. In this position he was able to continue his passion for integrating fitness and wellness into the lives of students, teachers, and parents. Dale retired in 2014 after 30 years in education.

Dale has worked as an adjunct professor teaching classes and workshops at the University of Denver, Indiana State University, and the University of Phoenix. He has also done many presentations at the state and national level in the field of education. Dale was honored to be named as Colorado Principal of the Year finalist and was voted Colorado Middle School Physical Education Teacher of Year in 2009.

Dale cherished family time with his two daughters, Mariah and Jill, and wife, Kay. They traveled every summer, along with any other days off from school. Traveling and exploring new places was their passion. Then, Dale always loved his sports! He was a faithful fan of the West Branch Bears, Iowa Hawkeyes, Denver Broncos and NASCAR. He was very proud of the fact he was able to enjoy watching his nieces and nephews participate in their high school activities.

Dale is survived by his wife, Kay, daughters, Mariah and Jill, and his faithful dog, Willie.

A Celebration of Dale’s life took place Sunday, March 6th at Englewood High School.

An endowment scholarship fund at Kirkwood Community College in Cedar Rapids, IA has been established. The address for donations is: The Kirkwood Foundation, 6301 Kirkwood Blvd. SW, Cedar Rapids, IA 52404.
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 April 15th.

The SHAPE CO Newsletter will be published four 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.

Average word count for an article is between 300-400 words, not to exceed 1000 words. If you have a longer article it may be divided up in parts between issues. Submit a head shot with your submissions with correct spelling of your name so that we can recognize you for your contribution. Please submit online at http://www.shapeco.org/journal-archives.html

Email any questions to Aaron Ford at shapecolorado.news@gmail.com