

MNSHAPE Workshop

Byron Primary School

April 28th, 2018



Check-In 8:00 – 8:30	Complete registration paperwork
Mini Session 8:00 – 8:25	Joe McCarthy (Spikeball) – Game Play
Opening 8:30 – 8:40	Workshop Kickoff & Welcome (preview of the day)
Session 1 8:45 – 9:35	Shannon Maly (OPEN Physed Favorites #1)
Session 2 9:40 - 10:05	Derek Picha (Delano Favorites)
Session 3 10:05-10:30	Lisa Rahkola (Speed stacks)
Session 4 10:35 – 11:00	Aaron Murray (Anxiety & Stress: Lessons for teaching mindfulness and stress reduction)
Session 5 11:00 – 11:50	Shannon Maly (OPEN Physed Favorites #2)
Session 6 11:55 – 12:20	DAPE session – Mike Doyle (Simple DAPE Group Activities)
Session 7 12:25 – 12:45	Joe McCarthy (PaddleZlam) – Game Play
Raffle (12:50 – 1:00)	Closing Ceremonies – Raffle Item Giveaways from our Sponsors!