



Pregame Task Sheet

Instructions:

Click on the Pregame video link sent to you following registration (or find it below). The video will show each slide for about 10 seconds. The entire video is approximately 12 minutes, but with the embedded tasks, it will total about 1 hour. Pause the video as needed and go to the web site suggested to complete the task. Slides will indicate when there is a corresponding question on the task sheet. Once the task sheet is complete, save a copy of on your computer with your name in the title and submit it via e-mail to lyndsi.engstrom@ndmdec.com with the subject line "**Pregame Task Sheet.**"

Pregame YouTube Video Link:

<https://youtu.be/IGA2KA2XOzw>

Name:

E-mail:

Date:

City, School District, and School:

-
1. Who is your REA representative?
 - a. REA:
 - b. Representative:
 - c. E-Mail: _
 2. What must you complete in order to earn a graduate credit? a toolkit?
 3. When you get to the ND Department of Public Instruction slide, **pause the video**. Find the new 2015 ND Physical Education Standards and Outcomes document here: <https://www.nd.gov/dpi/Administrators/assessment/unit/> Look at the two versions, (by standard or by grade span). Decide which version best suits you and **print it for yourself to use later for this task sheet and bring this document with you to the "First Half" full day training.**
 4. Define the term "content standard."
 5. Define the term "outcome."

6. The CDC defines curriculum as a **written** document. Do you have a curriculum?

(If you do have a curriculum, please bring it with you to the “First Half” full day training).

Research Section

7. When you come to the Brain Rules slide, watch this YouTube video titled “*Exercise – Brain Rule #1*” by Dr. John Medina: <https://www.youtube.com/watch?v=ck-tQt0S00s>

List 2 interesting facts you learned while watching the video:

1.

2.

8. When you come to Dr. Wendy Suzuki’s slide, watch her TEDx YouTube video titled “*TEDxOrlando-Wendy Suzuki – Exercise and the Brain*”:
<https://www.youtube.com/watch?v=ck-tQt0S00s>

List 2 interesting facts you learned while watching the video:

1.

2.

Professionalism Section

9. List what you believe are the 3 most important reasons to join/belong to ND SHAPE:

1.

2.

3.

10. Are you a member of:

ND SHAPE?

If no, why?

SHAPE America?

If no, why?

11. Do you facilitate Jump Rope for Heart and/or Hoops for Heart events at your school?

If no, why ?

12. Have you ever attended the ND Roughrider Health Conference?

Do you plan to attend the ND Roughrider Health Conference in 2016?

If no, why?

13. Watch the YouTube video titled, "50 Million Strong by 2029" found here:
<https://youtu.be/PaY4x2sziTY>

What is SHAPE America's specific goal for 2029?

How do you see yourself helping with this goal?

14. Go to: <http://www.letsmoveschools.org/>

List 2 resources for developing a Comprehensive School Physical Activity Plan (CSPAP) provided by the "Let's Move! Active Schools" website:

1.

2.

Is your school registered on the "Let's Move! Active Schools" website?

If no, why?

15. When you come to the Brain Rap slide, watch the YouTube video titled, "Exercise & Brain Rap by Dr. Horne found here: https://youtu.be/X9ruu9WXE_g

How could you use this video at your school?

In your classes?

16. Go to: <http://www.shapeamerica.org/advocacy/>

List the 3 most valuable resources that you can use in your current position.

1.

2.

3.

17. How are the new 2015 ND Physical Education Standards and Outcomes **different** from the previous version (2008)?

How are the documents similar?

18. **** You will need 2 different colored highlighters for this task.****

Using the new 2015 ND Physical Education Standards and Outcomes document you printed out earlier, choose a grade you have the most difficulty developing curriculum.

Using the highlighters, complete the following throughout the grade you chose:

- a. Using the first highlighter, mark all the outcomes **you teach and assess**.
- b. Using the second highlighter, mark all the outcomes **you teach but do not assess**.
- c. Leave any outcome you **don't teach or assess** unmarked. If you have any outcomes you do not teach, list those outcomes below and state why you do not teach them.

****Remember to bring this document with you to your "First Half" full day training.**

Pregame Requirements:

1. Complete this task sheet, save it and send to lyndsi.engstrom@ndmdec.com following the directions above. She will send you a completion certificate
2. Bring with you to the "First Half" full day training :
 - a. Copy of Pregame Completion Certificate to collect your **FREE** Tool Box!
 - b. Highlighted copy of the 2015 ND Physical Education Standards and Outcomes
 - c. School or district written curriculum If you don't have a written curriculum, just let us know that when you arrive.
 - d. Computer

Nice work! See you soon!

Your Coaches,

Jenny Linker, PhD

Lois Mauch, MS

Lyndsi Engstrom, MS

Pam Reichert, BS