Welcome to OUR first MOSHAPE newsletter of my presidential year. We are off and running with new ideas and moving forward with several initiatives. As progress is made on many actions, you will be notified both by email messages, social media and updates on our website. Thanks to Dr. Pat Fine (Rockwood) and Kaisee Perkins (Higginsville) for submitting articles for this newsletter. I invite everyone to contact me to add to our next newsletter. A special thanks to Ron Ramspott for helping me put this newsletter together.

Please save the date for our first MOSHAPE Convention, November 8 - 10, 2019. I look forward to seeing several of our deer hunting members this fall. I expect all you deer hunters that have never been able to show up will attend this year as we provide you with quality professional growth. While many factors are considered when determining future convention dates (2021 and beyond), we can discuss keeping the change of date again. Please spread the word across the state.

If you have ideas or suggestions please feel free to contact me or any of the Board of Directors. I’m excited to “Play it Forward” during my term as President. My convention team is planning
Finally, as we celebrate Teacher Appreciation Week, a big shout out to all of our wonderful MOSHAPE members. You make a huge difference in the lives of our Missouri children one relationship at a time. Have a great month of May as we all look forward to summer break!

Scroll through the stories below to see the MOSHAPE Game of the Month - Avenger Tag.

President Sandy Moore (sandymoore14@hotmail.com)
by activity in adulthood. Even if adults are sedentary, being fit as an adolescent will positively impact their health for the rest of their life.

Students with a perceived level of skill are more likely to participate in that skill. Students with a competent level of fundamental motor skills are more fit than students that haven't reached that level of skill. So, is fitness or skill more important? They are both important.

No other class can have the impact that quality physical education can have on a student. Quality is placed before physical education because there is a difference. Some physical education programs help increase the longevity of their students and some do not. Fitness and skill can be measured and if teachers are not taking the time and care to assess these outcomes they will never know for sure the impact they are having on students.

Written by Dr. Patrick Fine, Rockwood School District (finepatrick@rsdmo.org)

Click links below for stories from other MOSHAPE Members:

- **1st Year Teaching Reflection** by Kaisee Perkins
- **The 5 C's of Physical Literacy** by Ron Ramspott

Please consider submitting an article for future newsletters. Please send to your submissions to Sandy Moore.

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**2019 CONFERENCE INFORMATION**

**BETH KIRKPATRICK AND SHAPE AMERICA PRESIDENT KEYNOTERS**

The 2019 MOSHAPE (formerly known as MOAHPERD) Convention will be held November 8 - 10 at The Lodge of the Four Seasons in Lake Ozark, Missouri. President Sandy Moore’s theme is “Play It Forward” and promises a richly rewarding professional experience while also providing exciting activities as we host with our new organizational name - Missouri Society of Health and Physical Educators. There will be many nationally recognized speakers including heart rate monitor pioneer Beth Kirkpatrick and SHAPE America President Jamie Sparks President Moore also has been gathering many raffle prizes to be given away throughout the convention. Click links below for more information.

- **Conference Information**
- **Present a Session**
ASSOCIATION NEWS

MOSHAPE GOES TO SHAPE AMERICA

MOSHAPE was represented well at SHAPE Tampa in April. I heard several comments from districts all over the nation that “I can’t believe how many are here from Missouri.” I HIGHLY suggest everyone read the book *Raising Ryland*—I’m not for sure the last time I had a total 180 on a topic. AMAZING presentation by Ryland’s parents at the closing session.

TAMPA HIGHLIGHTS:

- Celebrated Missouri & Central District TOYS - Sally Schulte (Elementary TOY) and Mel Zerr (High School TOY) who each were one of the five finalists for national TOY.
- MOSHAPE and FLSHAPE coordinated the first ever President and ED Welcome Reception.
- Contacts were made with many potential MOSHAPE Convention exhibitors for MOSHAPE.
- Recognized two Missouri Schools as a pilot school for Health Moves Minds Initiative.
- Networking with so many professionals across MO and the nation.
- We were proud to celebrate Julie Lueckenhoff’s service to Central District as President and welcome Taralyn Garner as Central District President-elect.

Next year’s National Convention will be held in Salt Lake City, Utah, April 21 - 25, 2020. Save the date and plan to attend as a representative of MOSHAPE!

*Written by Sandy Moore ([sandymoore14@hotmail.com](mailto:sandymoore14@hotmail.com))*
HEALTH MOVES MINDS INITIATIVE

SHAPE America is currently piloting their new service learning program called health.moves.minds. and it will be ready for schools to participate during the 2019-2020 school year. The August launch of health.moves.minds. was celebrated at the SHAPE America's national convention general session in Tampa. You too can see the catchy rap promotional video at https://youtu.be/egZNZ5jp4do. Through this program, you will inspire healthy habits, fuel active minds, and teach kids to thrive physically and emotionally with this new, flexible service-learning program that students, parents, and the whole community will love!

MOSHAPE would like coordinators to sign up! Our goal is to have 300 Missouri schools participating in the 2019-2020 school year for the nationwide launch of health.moves.minds.! Join us as we build a kinder, healthier future for our nation's youth. Are you interested? Gain approval to sponsor your program and then sign-up to learn more at www.healthmovesminds.org!

Written by Kristi Bieri (kbieri@odessar7.net)

NEWS FROM THE EXECUTIVE DIRECTOR, TOM LOUGHREY

As the time needed for a complete platform shift from MOAHPERD to MOSHAPE is a lengthy process, please continue to access the website at www.moahperd.org until a message is sent to all members. When this process is complete, we will then be able to access our website at www.moshape.org. This
change, along with a number of systematic improvements, is
the result of a highly dedicated and engaged Executive Committee and Board of Directors. Personally, I am extremely proud of the contributions made by each member of the Board, as they lead the functions for each committee.

Beginning on June 1, you can renew your membership. For the first time, there will be NO MEMBERSHIP FEE. Encourage your colleagues to join as well, for we need to be able to impact the professional lives of every possible teacher and administrator in our field. Renewing or joining should be a very simple process. When renewing or joining, be sure to complete your PROFILE on the member-only site. We want YOU to be a 2019-2020 member!

Go to www.moahperd.org

GAME OF THE MONTH

AVENGERS TAG

Avengers End Game is the hot ticket at the movie box office. Now play the game with your students in physical education class. It is kid-created and kid-tested. Click here for complete directions. Created by Ron Ramspott, Oak Brook Elementary Physical Education Teacher and his students.