

# “Minute to WIN”

**SHANNON TJADEN**

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PHYSICAL EDUCATION

# About Shannon

- **24th year teaching South Dakota**
  - 14 years of 6-8/HS
  - 9 years of PK-4
  - 2012 SHAPE SD MS TOY
  - 2017 SHAPE SD ELM TOY
  - Coach BBB/Golf
- **OPEN National Trainer**
- **On Twitter @CoachTjaden**



# OPEN is a network of #TeachersHelpingTeachers

We are a public service organization made possible through the financial support of  
**US Games & BSN Sports.**



# OPEN Provides Equity of Access to Empower Teachers & Activity Leaders

**We serve...**

- ✓ 135,000+ teachers
- ✓ 62 million students
- ✓ 7.1 million downloads

**We provide...**

- ✓ \$72 million in curriculum resources



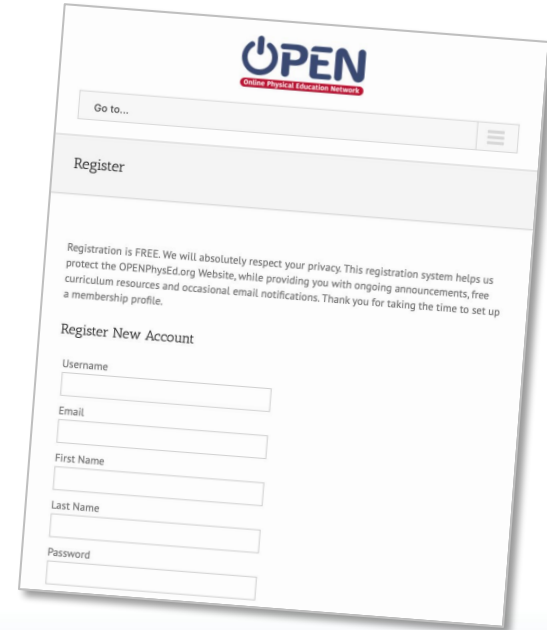
# Today's Session Outcomes:

- Overview of OPEN website and resources
- Experience the Minute to Win module and their components
- Breakdown activity plans



# Sign Up for OPEN

- **Step 1:** Visit [www.OPENPhysEd.org](http://www.OPENPhysEd.org)
- **Step 2:** Select “Register for Free”
- **Step 3:** Complete the Form
- **Step 4:** Click “Register”



The image shows a screenshot of the registration page on the OPENPhysEd.org website. At the top, the OPEN logo is displayed with the tagline "Online Physical Education Network". Below the logo is a search bar with the text "Go to...". The main heading of the page is "Register". A paragraph of text explains that registration is free and that the website respects privacy, while providing curriculum resources and occasional email notifications. Below this text is the "Register New Account" section, which contains five input fields: "Username", "Email", "First Name", "Last Name", and "Password".

FREE CURRICULUM RESOURCES

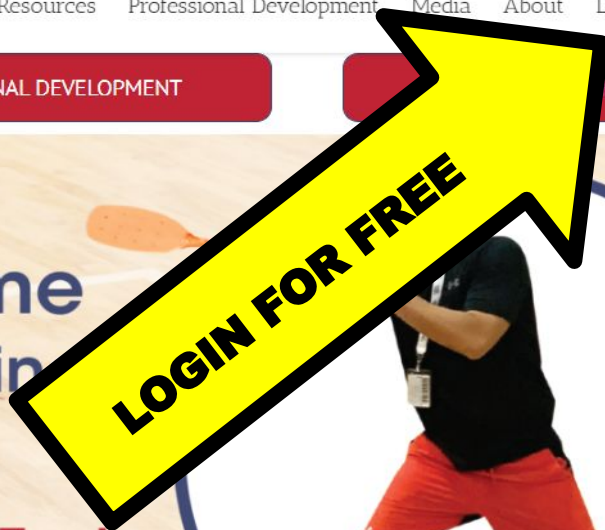
PLAN PROFESSIONAL DEVELOPMENT

EVENT DISCOUNTS

# OPEN<sup>®</sup> saves you time and inspires great teaching

- Physical Education Lessons
- Comprehensive Curriculum Tools
- Inspiring Professional Development

REGISTER FOR FREE TODAY



**LIL SUGAR NUTRITION LITERACY**

GRADES K-8



HIP HOP  
public health



**OPEN** National Field Day

EVENTS, RESOURCES & SOCIAL MEDIA CHALLENGES

# MODULES

## K-2

- Ball Handling & Dribbling
- Dance
- Educational Gymnastics
- Field Day
- Flag Tag
- Foot Skills
- Instant Activities
- Limited Equipment
- Locomotor & Manipulative Skills
- NextGen Science Connections
- Parachute
- Personal & Social Responsibility
- Volleying & Striking Skills
- Winter Wonderland
- Yoga & Mindfulness

## 3-5

- Basketball
- Bat & Ball Games
- Dance
- Educational Gymnastics
- Field Day
- Fitness Knowledge
- Invasion Basics
- Instant Activities
- Jump Rope
- Lacrosse
- Limited Equipment
- Minute to Win
- NextGen Science Connections
- Ninja Warrior
- Olympics & Paralympics
- Personal & Social Responsibility
- Pickleball
- Plug & Play Fitness
- Skillastics Basketball
- Soccer Skills
- Winter Wonderland
- Yoga & Mindfulness

## Middle School

- Basketball Skills
- Circus Arts
- Dance
- Fitness Knowledge
- Instant Activities
- Limited Equipment
- OPEN 8 Challenge
- Pickleball
- Plug & Play Fitness
- Roundnet
- Rugby
- Tabata Training
- The Adventure Mile (Fitness Running)
- Ultimate Disc
- Winter Wonderland

## High School

- Badminton
- Believe In You (SEL)
- Creative Mode Fitness
- Fitness Planning
- Fitness Running
- Instant Activities
- Lifetime Fitness  
(with New York Road Runners)
- Limited Equipment
- Plug & Play Fitness
- Roundnet
- Skill-Related Fitness
- Tai Chi





# Expectations for Today!

## ACTIVELY ENGAGE

(verb)

To participate in an activity while showing genuine interest and a desire for excellence.

Lisa was **actively engaged** in the Tabata lesson because she enjoys the challenge of high intensity interval training.



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**BE PRESENT**

**BE RESPECTFUL**

**BE SOCIAL:**

**@OPENPhysEd**

**@USgames**

**#teachershelpingteachers**



**OPENPhysEd.org**



# Let's Get Warm!!



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LEAD BY EXAMPLE



**SUPERCHICKEN**



BELIEVE IN YOU



**Win = LEVEL UP!**

**FRIEND wins = LEVEL DOWN!**



LEAD BY EXAMPLE



BELIEVE IN YOU



**Can you remember a time when you were awakened?**



LEAD BY EXAMPLE

# AWAKEN

(Verb)

To be made aware for the first time.

Can you remember a time when you were awakened?  
 What did you become aware of?  
 How did that awakening change you?



BELIEVE IN YOU

LEAD BY EXAMPLE



BELIEVE IN YOU

**What is something  
that you worked  
hard to become?**



LEAD BY EXAMPLE

# BECOME

(Verb)

Grow to be;  
to turn into.

BELIEVE IN YOU

What is something that you worked hard to become?  
What did you sacrifice as a part of your becoming?  
What did you gain?



**Have you ever experienced a personal transformation?**



# TRANSFORM

(Verb)

To make a dramatic change in form, appearance or character.

Have you ever experienced a personal transformation?

If you could experience a personal transformation over the next 4 years, what dramatic changes would occur?

What would you be like in 4 years?



# Breaking Down an OPEN Module

## All modules include:

- ✓ Materials List
- ✓ Activity Plans
- ✓ Block Plans
- ✓ Sample Lesson Plan
- ✓ Academic Language Cards
- ✓ Station Cards
- ✓ Student Assessments
- ✓ Teacher Reflection Guides

## ENTHUSIASM

(noun)

**An intense feeling which motivates action and accomplishment with love and purpose, and as part of a search for something believed in and desired.**

*Mr. Kline's enthusiasm for physical education was contagious and his students learned with excitement and joy.*



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THE AMP LAB Cortland SUNY



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LEARNING GROWTH MINDSET WITH  
**MINUTE TO WIN CHALLENGES**  
GRADES 3-5 | [OPENPhysEd.org](https://openphysed.org)

- Limited equipment
- Small groups
- Quick lead up to different activity
- K-5 are able to complete the tasks
- Going to cover 6 of the 9 challenges



# BALANCING ACT



 MINUTE TO WIN

- **5 bean bags and paddle per group**
- **Set up 5 paces and place a dot**
- **First person walks a lap with one bag on the paddle**
- **Keep adding a bean bag each lap and hand off paddle to next group member**
- **Add up total laps when music stops**

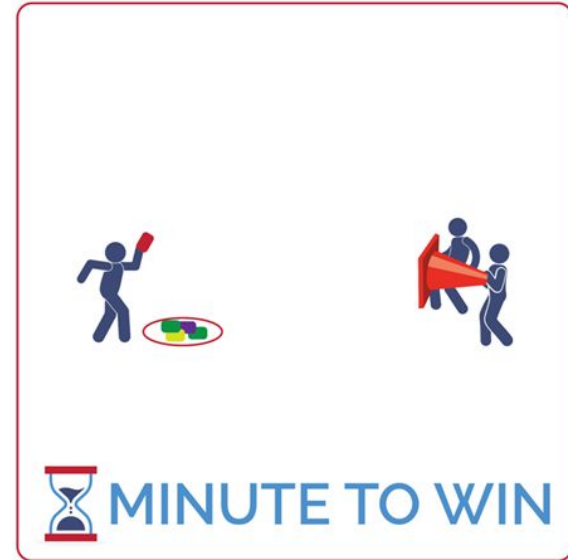
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# CONE CATCHER

- **5 Bean bags per group/  
1 large cone**
- **Groups of 3-4**
- **Toss 5 bags into cone**
- **Keep total for 1 minute**



# HOOP IT UP

- **1 Hula per group**
- **1 Bean bag per group**
- **1 Pickleball Per Student**
- **Bean bag is tossed through the hoop and must be caught for one point**
- **Person holds hula for the one minute time**



# HOOP TOSS

- **1 Large cone per group**
- **1 Hula hoop**
- **Small cone 5 paces from large cone**
- **Toss hoop over the cone for 1 point**
- **Rotate each throw**



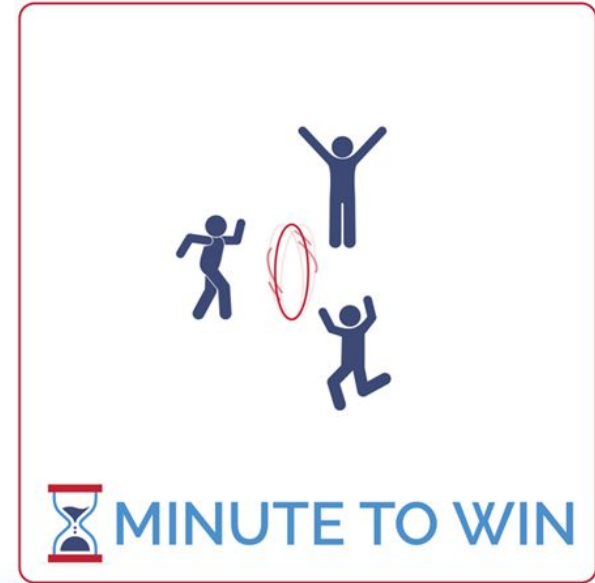
# CHOPSTICK NOODLES

- **2 Foam noodles per group**
- **1 Hula hoop collection area**
- **Tons of scarves**
- **Can only collect one scarf at a time**



# SPINNER WINNER

- **1 Hula per group of 3-4 students**
- **1 Minute to spin the hoop like a coin**
- **Try to spin the hoop the least amount of times as a group**



# Two More Things...

1. Complete our online evaluation at:  
**[www.bit.ly/OPENPD](http://www.bit.ly/OPENPD)**



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# Contact Info

**Shannon Tjaden**

**[shannon.tjaden@k12.sd.us](mailto:shannon.tjaden@k12.sd.us)**

**@CoachTjaden**

