

ALLIANCE FOR A
**HEALTHIER
GENERATION**



AMERICA'S
HEALTHIEST
SCHOOLS

Activate Your Colleagues

Increasing Physical Activity Opportunities for ALL Students

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Overview



Why?



Benefits of PA




**Obstacles/
Barriers/
Successes**



**Ideas/
Resources**

Fitness Break Cards

FITNESS BREAKS TIP-OFF




REVERSE Lunges

Facing forward, step one foot back about 18 to 24 inches. Immediately bend the knees and lower onto the front leg, allowing the back knee to come close to the ground. Keep the weight on the front heel and chest upright. Push back up with the back foot. *Return to the standing position.*

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FITNESS BREAKS SLAM DUNK



Jump SHOT

Pretend to hold the ball with one hand under the ball and the other on the side. Jump straight up. Release the ball before the top of your jump, forcing the ball up and forward with one hand. Follow through like you are reaching into a cookie jar on the top shelf.

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When the music starts.....

1. Move around room
2. Introduce yourself and exchange cards
3. Meet as many participants as possible

When the music stops....

Perform the activity on your card for 5 seconds!

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Why is physical activity important?

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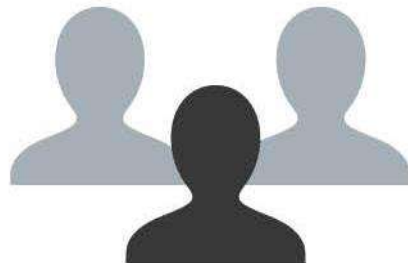
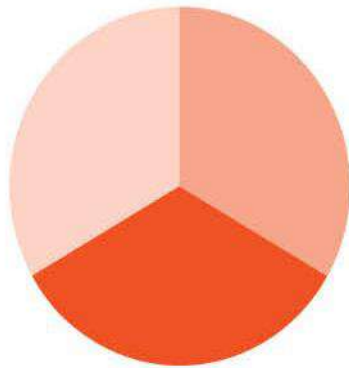
If all students at your school were more physically active, how would your school be different?



Why is Physical Activity Important?

- Cardiovascular Risk Factors
- Inactivity = Health Issues
- Physical, Psychological, Social
- Low Self-Esteem
- Inactive Children = Inactive Adults

Nearly 1 in 3 children
in the United States is
overweight or obese



33%

RECOMMENDATION:

Students should do 60 minutes (1 hour) or more of physical activity daily

REALITY:

Many students are not getting opportunities to be active.

Over half of all schools have **10%** or less of their students walking or biking to and from school.



Only **45%** of all schools provide opportunities for students to participate in classroom physical activity breaks.



Less than **4%** of schools require daily physical education.

Only **55%** of all schools offer opportunities for students to participate in physical activity clubs or intramural sports programs.

Source: School Health Policies and Practices Study 2014



.....****.....

Sitting

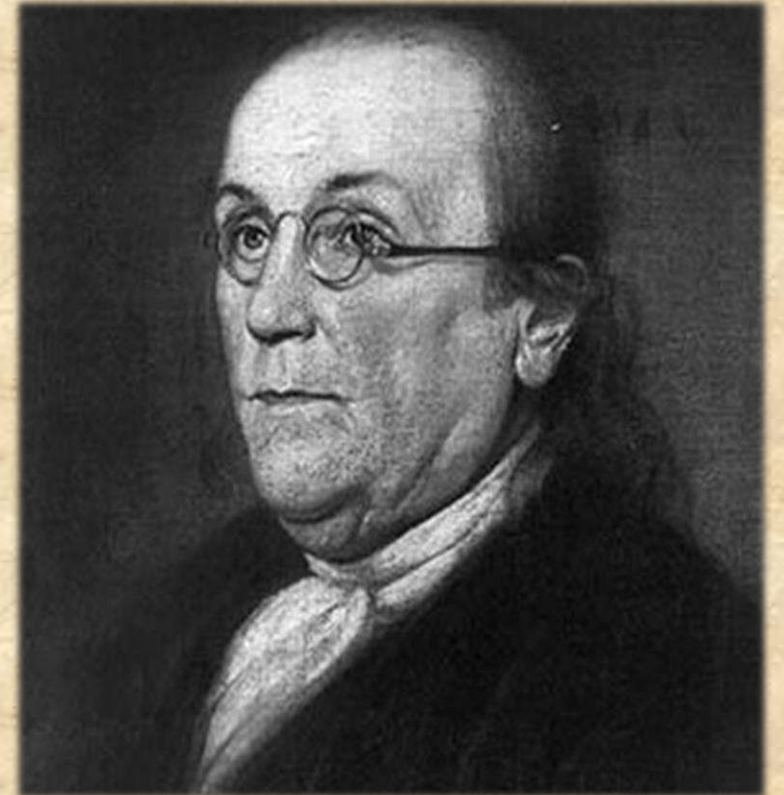
is the new

SMOKING

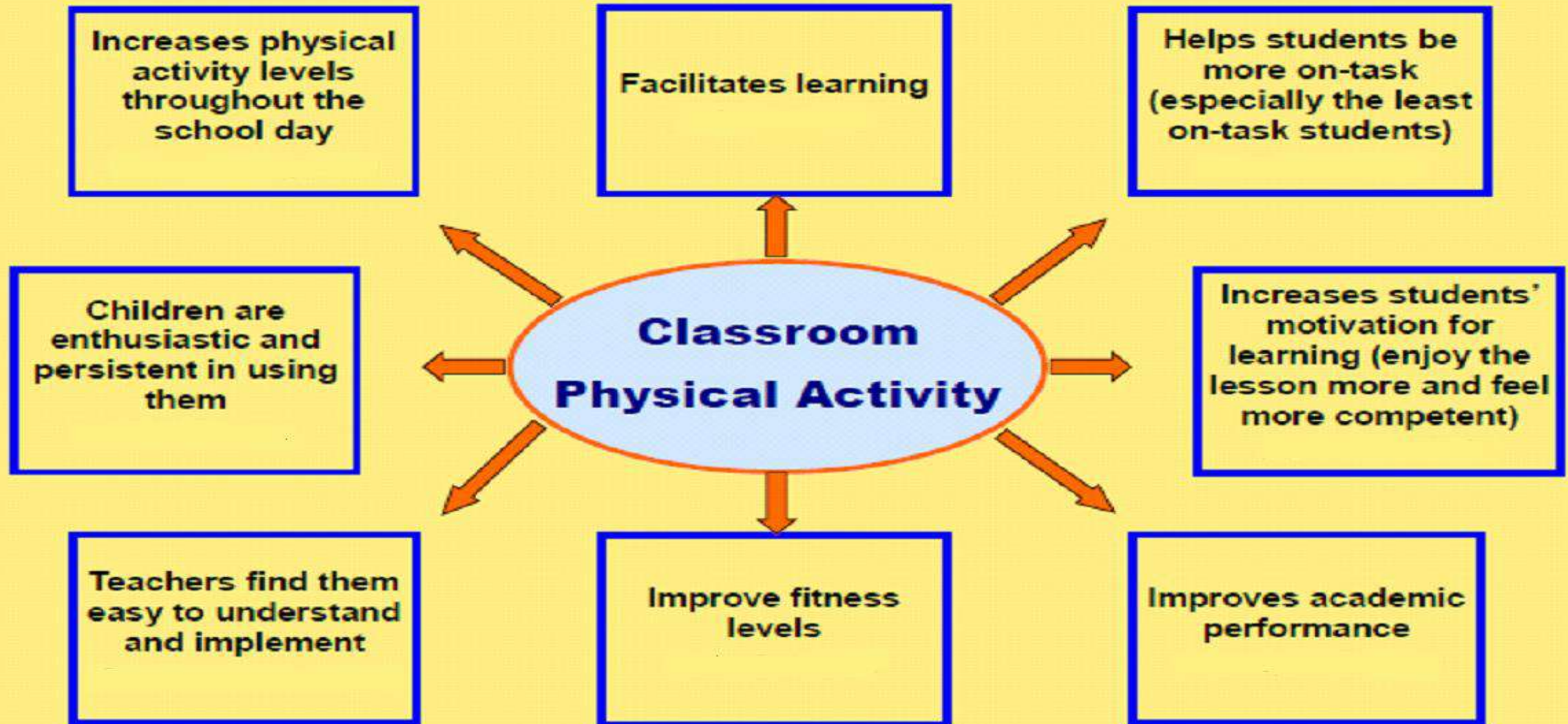
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“Pennsylvania should establish a public school that places as much emphasis on physical as on intellectual fitness because exercise invigorates the mind as well as the body.”

- Benjamin Franklin, 1749



Why include physical activities in the academic classroom?



**Increasing time for PA, does not
negatively impact student
achievement.**

Active Kids Learn Better

active kids learn better



physical activity at school is a win-win for students and teachers

GRADES:



STANDARDIZED TEST SCORES:

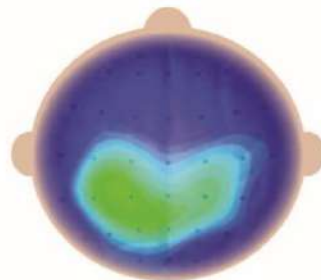


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:

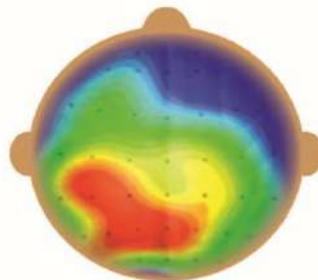


physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of sitting quietly



after 20 minutes of walking

Red areas are very active; blue areas are least active.

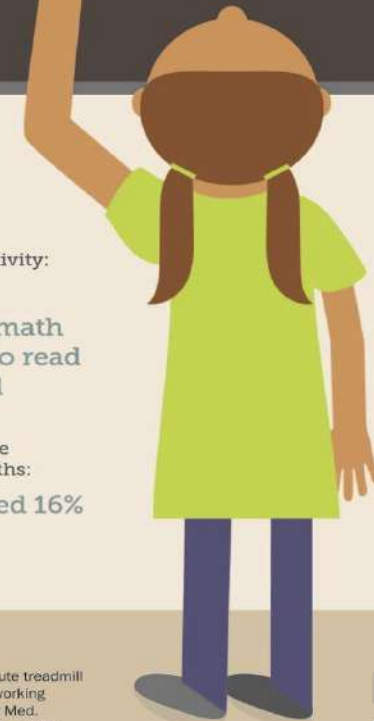
MORE RESULTS:

after 20 minutes of physical activity:

students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:

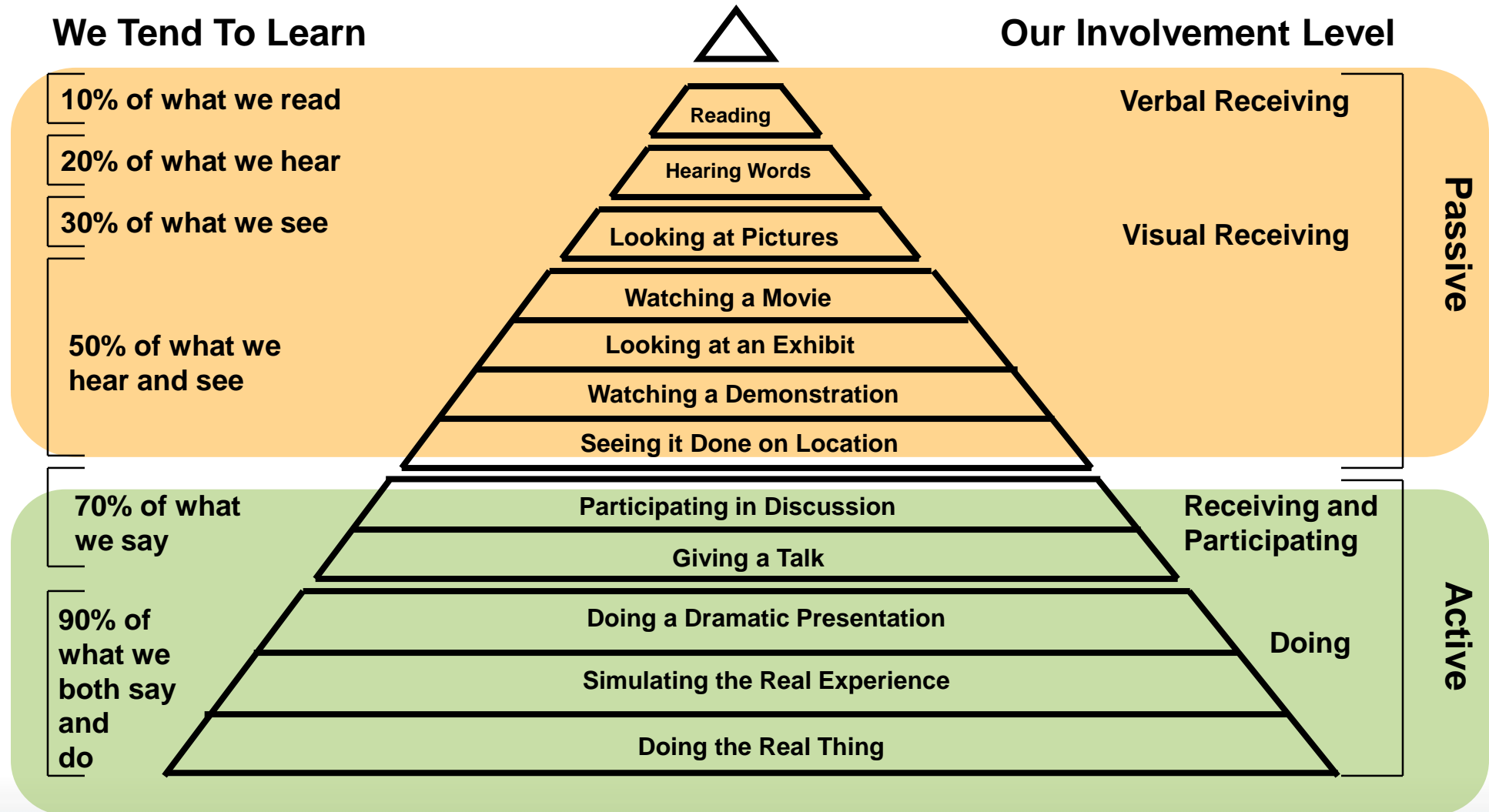
memory tasks improved 16%



SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med*, 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience*, 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci*, 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10!: Integrating physical activity with academic concepts in elementary school classrooms. *Prev Med*, 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larson P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics*, 117(4): 1281-1290.

Learning

The Retention, Application, and Transfer of Knowledge and Skills Activities



The Ultimate Education Reform: Learning by Doing

Why do we make students sit still in class?

Kinesthetic Learning: Moving Toward a New Model for Education

“Why do we feel the need to tame students' physical natures, rather than incorporate them into the learning process?”

“By sending our children off to still, quiet classrooms, are we neglecting meaningful, hands-on learning that could be occurring through physical activity?”

TASK CARDS

Multiplication

1. 2x3 Jumping Jacks
2. 4x2 Jump and Twist
3. 3x3 Toe Touches
4. 5x1 Cross Knee Touches
5. 4x4 Single Knee Raises
6. 2x10 Seconds of Marching
7. 5x5 Seconds of Wall Sits
8. 7x2 Wall Push Ups
9. 1x8 Side Stretches
10. 2x6 Lunges

Algebra

TASK CARDS

Solve for X

$X + 1 = 9$ Jumping Jacks

$X + 1 = 6$ Toe Touches

$12 = 1x + 1$ Single Knee Raises

$4x = 16$ Wall Push Ups

$2x = 10$ Lunges

Obstacles and Barriers



Rock - Paper - Scissors

Obstacles and Barriers



Rock - Paper - Scissors



Overcoming Obstacles

- Time
- Space/Equipment/
Ideas
- Classroom
Management



Ideas to Keep Moving

Create Time in Existing Schedule

- Instant activities
- Transitions
- School wide

Involve Students

- Surveys
- Student-produced

Communicate



Classroom Atmosphere

- **Safety**
- **Routines/Signals**
- **Rules/Reminders**
- **Positive**
- **Not Punishment**
- **Persistence**
- **Enthusiasm**
- **Culture**



Physical Activity Categories

- ☐ Simple Movement Breaks
- ☐ Content and Movement
- ☐ Technology

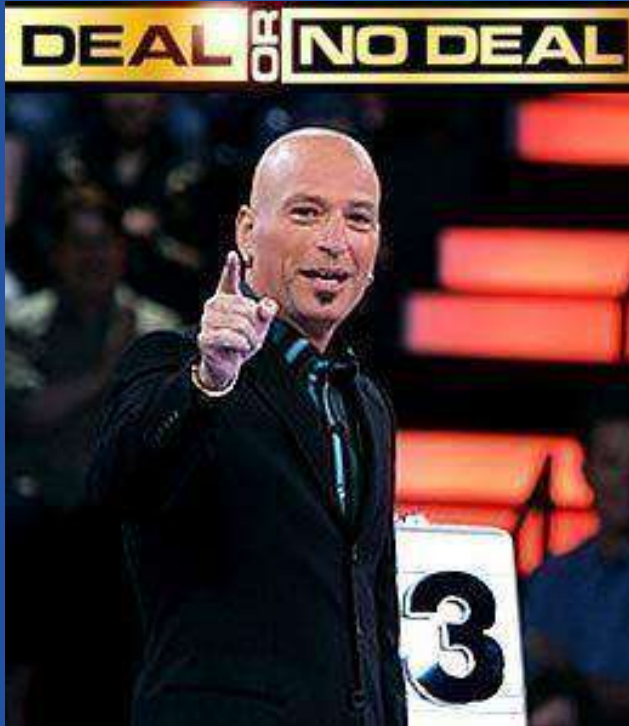
Simple PA Break

Secs	Workout Routine: Standing Exercises
10	March legs and pump arms over head
10	Bend forward, pump arms & run in place (sprint)
10	Alternate: Right elbow to left knee & switch
10	Bend forward, pump arms & run in place (sprint)
10	Pump arms and jog in place

Health-E-tip

Show Your Support. On Friday, Feb. 4 wear something red, have lunch with a group of friends and talk about what you can do to keep your heart healthy or simply talk to five other people about heart health to support heart month and raise awareness about this important topic.

Deal or No Deal



1. 3-5 envelopes with exercise and repetitions
2. Select student to choose an envelope
3. Student chooses, ask class: “Deal or No Deal?”
4. Deal – class performs activity
5. No Deal - student chooses card from envelope – all perform new number of repetitions

Fit Sticks

- Jump rope
- Hula hoop
- Hop
- Jump
- Paddle a kayak
- Shoot baskets
- Tennis serve
- Baseball swing
- Baseball pitch
- Squat
- Lunge



- Kick
- Half Jack
- Triceps stretch
- Biceps curls
- Punch
- Shoulder stretch
- Elbow to knee
- March
- Backstroke
- Breast stroke
- High Knees

Eat Smart Move More NC



- Home
- About Us
- News
- Success Stories
- NC's Plan
- Obesity Burden
- Key Behaviors
- Programs & Tools
- Contacts
- Media
- Funding
- Data
- The Evidence

Energizers for Middle School

Who is it for?

Classroom teachers. Can also be used by anyone wanting to add physical activity to a meeting.

How do you get it?

This resource can be downloaded on this page.

How is it used?

Energizers are used in classrooms to provide students an opportunity to be physically active.

Energizers are classroom based physical activities that help teachers integrate physical activity with academic concepts. These are short (about 10 minute) activities that classroom teachers can use to provide physical activity to children in accordance with the request from the North Carolina State Board of Education's Healthy Active Children Policy.

- [Healthful Living Energizers](#)
- [Language Arts Energizers](#)
- [Math Energizers](#)
- [Music Energizers](#)
- [Science Energizers](#)
- [Social Studies Energizers](#)


Active Academics - WV

Active Academics®


Learning on the Move!

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This site uses
COMMON CORE
STATE STANDARDS INITIATIVE
www.corestandards.org

 **National Standards**

Tips for using
Active Academics®
[click here](#)

 **faq's**

Physical Activity

Active Academics® is a resource for classroom teachers to provide practical physical activity ideas that can be integrated into regular classroom content areas. Get students "up and moving" while still engaged in the academic learning process. Our standards-based activity ideas utilize the Common Core Standards as well as national standards. We offer a variety of activities for PreK - 5th grade classrooms including:

- ✓ *Active lesson ideas to enhance the learning of content in math, reading / language arts, health, physical education, science and social studies.*
- ✓ *Classroom Energizers that are simple ideas to give students a "moving break" from classroom activities.*

Search Activity Ideas!

Grade Level:


Content Area:

[Find Activity Ideas ★](#)

[Submit an Activity Idea! >>](#)

Active Academics®
receives a 4 out of 5 review rating
by Education World. [Click here to read the review](#)

★★★★☆



Physical Activity and Technology

- **Fit for a Healthier Generation**
- **GoNoodle**
- **ActivEd**



A stylized cat face logo is centered on a dark green background. The face is a light pink cloud-like shape with two large, pointed orange ears at the top. White whiskers extend from the sides of the face. The word "BRAINERCISE" is written in a large, white, serif font across the middle of the face. Below it, the words "WITH MR. CATMAN" are written in a smaller, white, sans-serif font on an orange banner.

BRAINERCISE

WITH MR. CATMAN

GoNoOde



R



L



B



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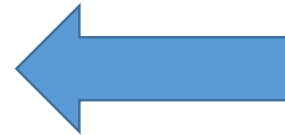
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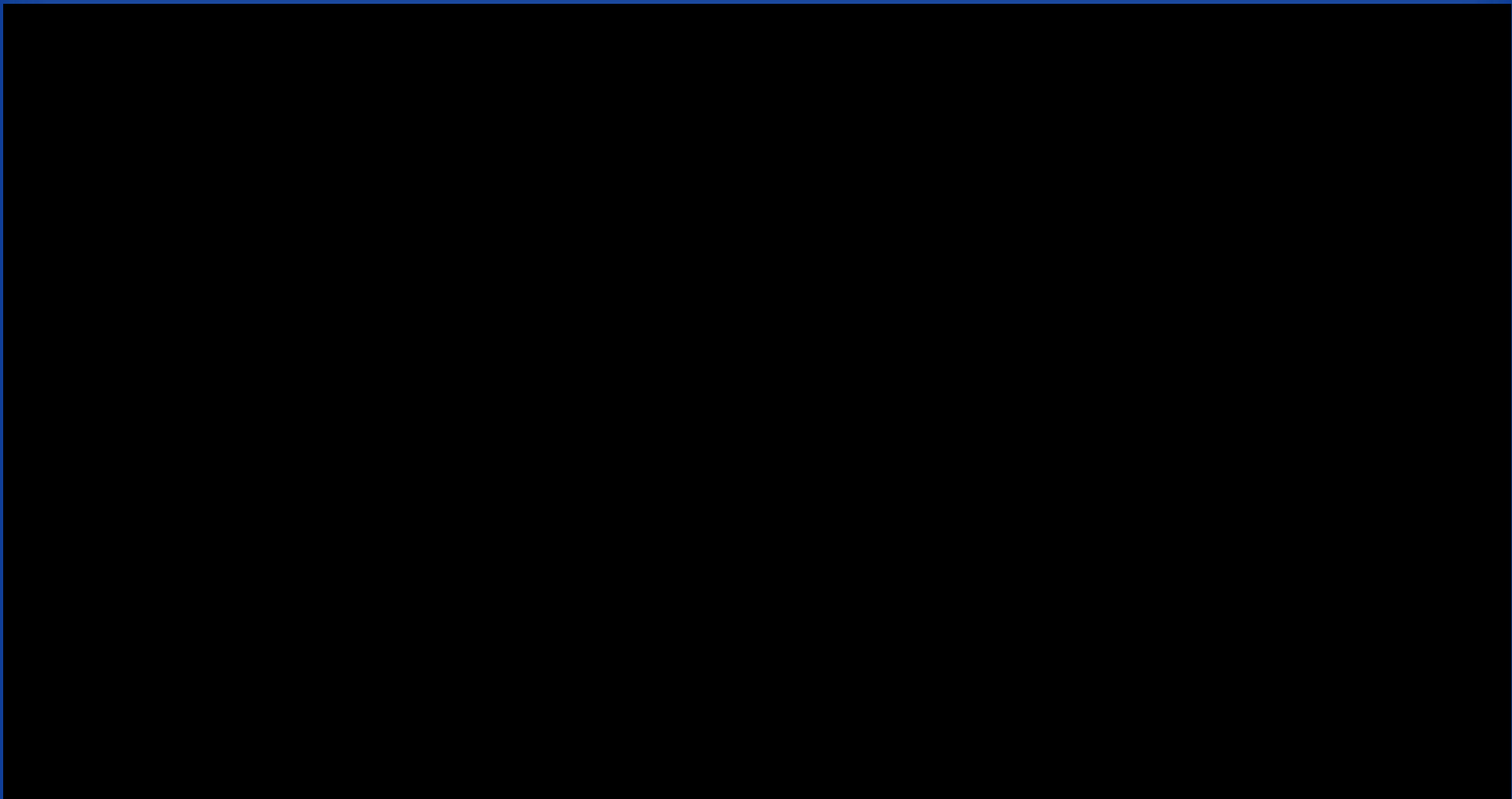


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What Works?

- **Announcements**
- **Student Produced**
- **Videos**
- **Club**
- **Faculty Meetings**
- **Model**







The difficulty lies not so much in developing new ideas as in escaping from old ones.

- John Maynard Keynes

Contact Information

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Physical activity can boost academic achievement
@HealthierGen @brock_pe @NJAHPERD #NJAHPERD2018

Training Evaluation

<http://tinyurl.com/zb7snkg>

