



HAPPY AND HEALTHY AT HOME AND SCHOOL!

Franklin McKinley School District
Department of Special Education
Adapted Physical Education

Lemi Hayashi
Adam Nacario

BENEFITS OF PHYSICAL ACTIVITY



Academic Performance

- Increase attention, memory, and concentration
- Decrease inappropriate behavior caused by lack of focus



Overall Health

- Reduction of risks of disease and injuries
- Such as obesity, heart disease, diabetes, osteoporosis, high blood pressure

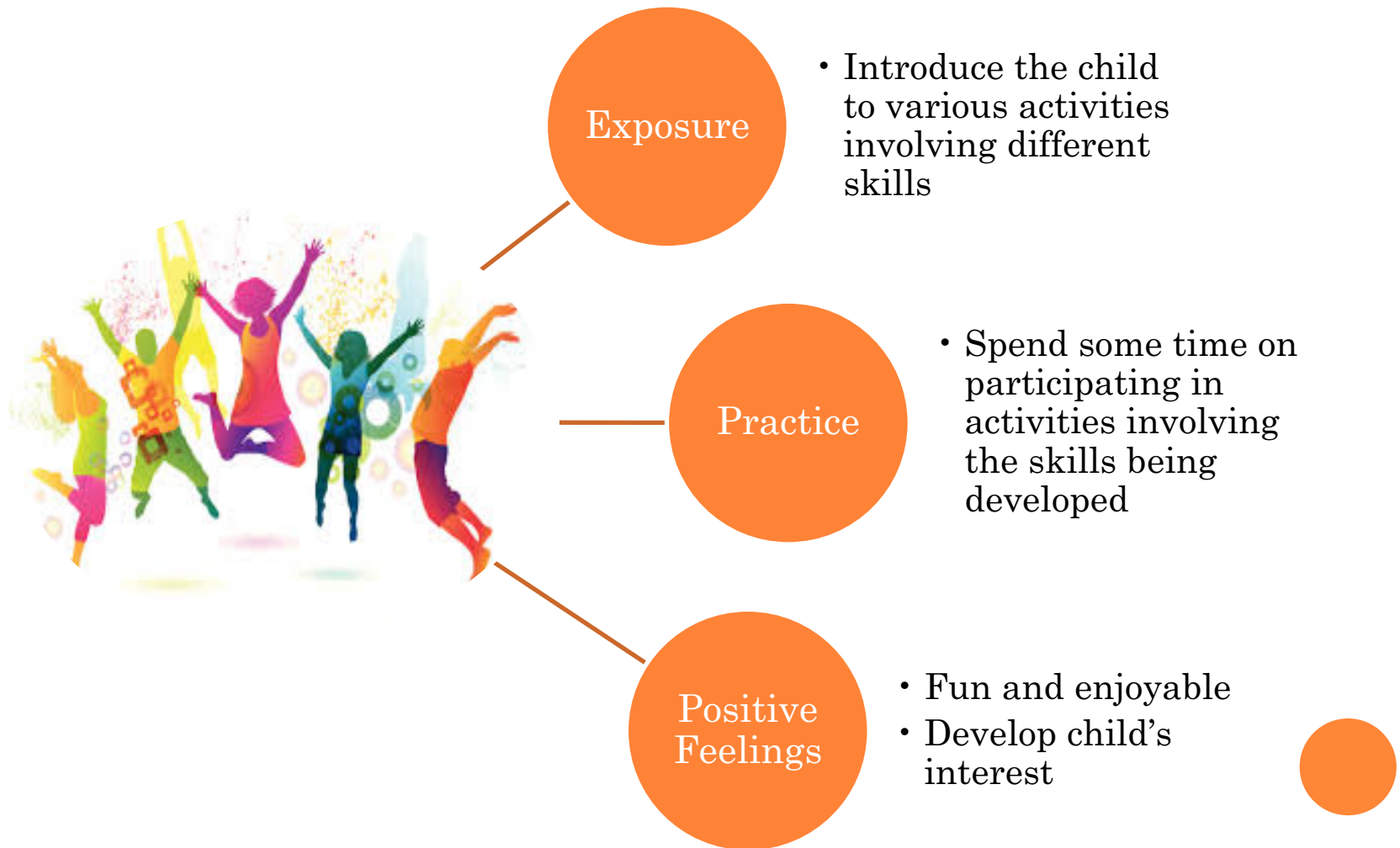


Mood Balance

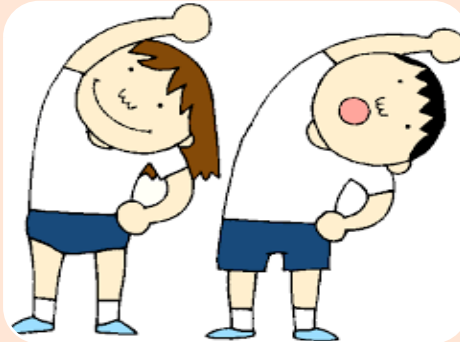
- Release of endorphin
- Chemicals in the brain which trigger positive feelings and decrease perception of pain



DEVELOPMENT OF MOVEMENT



PHYSICAL FITNESS FOR PHYSICAL ACTIVITIES



Strength

Strong
Muscles

Flexibility

Range of
Motion
Ability to
Reach

Endurance

Duration of
Motion
Continuous
Movement



HOMEMADE EQUIPMENT

- Bed Sheets
- Tape/Chalk
- Paper Plates
- Popsicle Sticks
- Boxes
- Plastic Bottles
- Milk or Detergent
Cartons
- Socks
- Newspaper
- Dried Beans
- Water

