

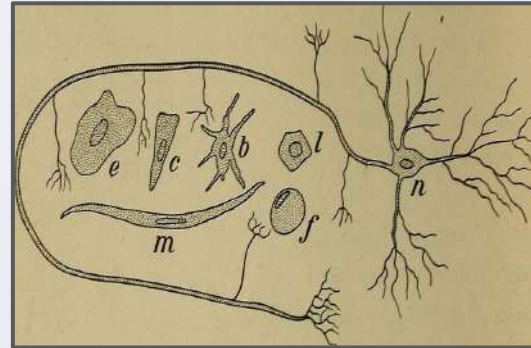
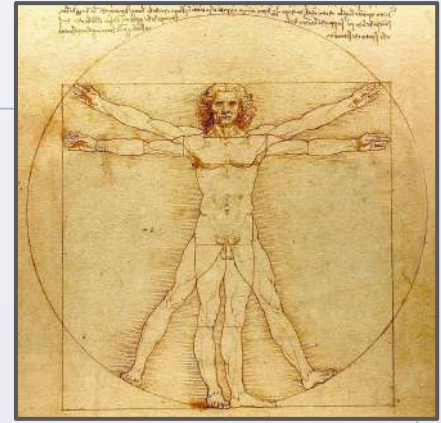
Physical Wellness in the time of COVID: Why Movement is Critical to the Future of the Whole Child Experience.

Amanda Grindstaff and Bryan Agurcia, 6.30.2020

What's Happened during COVID + Remote Learning...



HEALTHY BODIES + BRAINS



After Months of Isolation, An
Unprecedented Stressful Situation,
Lack of physicality, what kids need is...



MOVEMENT + PLAY !



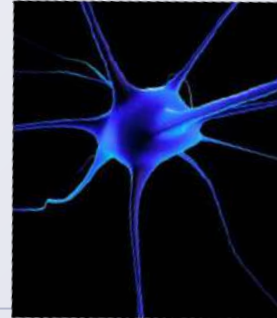
“Play is our brain’s favourite way of learning. It has a deep impact on our cognitive, social, developmental and academic skills.”– Diane Ackerman

Psychological Benefits of Physical Activity

“Regular physical activity, regardless of age, creates important potential benefits on psychological state. Adaptations often occur to a degree equal to that with other therapeutic interventions, including pharmacologic therapy” (McArdle, 2015).

6 Potential Psychological Benefits from REGULAR PHYSICAL ACTIVITY:

1. Reduction in state of anxiety
2. Decrease in mild-to-moderate depression
3. Reduction in neuroticism
4. Adjunct to professional treatment of severe depression
5. Improvement in mood, self-esteem, and self-concept
6. Reduction in the various indices of psychological stress



EXERCISE is like taking.....a little Prozac + a little Adderall

Who can help increase & promote more movement?

- Physical Education + Health Education
- Classroom Movement Breaks - SPARK
- Extracurriculars - Sports, Clubs, Extended Day, Community Programs
- Community Activities - Brookline Rec, Golden Shoes, Scavenger Hunts,

Physical Education + Health Education



Asynchronous Learning -

Activities done on students' own schedule

<https://sites.google.com/psbma.org/bakerpe/extended-learning/weekly-challenge-videos>

<https://sites.google.com/psbma.org/345physed/resources/virtual-pe-classes?authuser=0>

https://docs.google.com/presentation/d/1hTJwVRx9tCkNjROukx8rW6raYi5d2FOmgOU62HIZivw/edit#slide=id.g8650b5b556_1_17

Synchronous Learning -

Zoom classes (Live + Recorded for Asynchronous)

*P.E. IS WHERE YOU MOVE, HEALTH IS WHERE YOU
UNDERSTAND WHY.*

HEALTH Education Is Part of the solution too.
Teaching students HOW + WHY to care for their bodies.

Physical Education + Health Education

What it could look like next year...

- Scheduled Zoom class with P.E. teachers
- Use of Closed Streets to keep P.E. outside
- PE teacher Pops into classroom meets/ zooms to do movement breaks
- Virtual Office Hours/ Electives (go to the activity of choice) offered at different times
- Movement Breaks Built into classroom schedules for reg movement
- Multiple Access Points - Virtual, Recorded, Live at school fields



Physical Education + Health Education

Guiding Principles for Physical Education During COVID...

- ▶ ACCESSIBLE to all - (remotely + IN person) + REQUIRED
- ▶ Engaging = with others (peers + Teachers)
- ▶ FUN !!!
- ▶ Playful
- ▶ Cognitive + Affective - Not just teaching skills but mindsets and belief systems about movement + fitness + healthy bodies
- ▶ Less sport specific and more body movement/ exploration + acceptance
- ▶ CREATIVE
- ▶ Focused on Inner + Outer Strength
- ▶ Helping to build connections + a sense of community

teaching students how to care for their bodies so that one can enjoy and do the things they want to do for their lifetime.

Physical Education + Health Education

Ways P.E. could look @ SCHOOL...

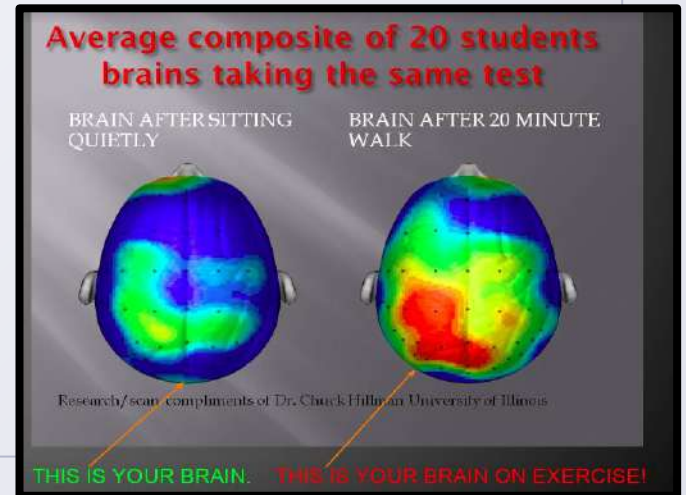
- ESSENTIAL - This is where they Play, where they get movement + development of physical skills. This is where they can bond + socialize + promote lifelong physical health.
- Small groups 30-45 min in their cohorts (utilize inside + outside space)
- Class sets of equipment that only their cohort uses (sanitized before next cohort comes)
- Use of outside space (park) year round
- Get creative with units we teach (orienteering, snow shoeing, cardio walking, wheels day, changing park space to obstacle course, slacklining, drumming)
- WHAT WE WILL NEED:
 - Equipment (cohort sets)
 - PD for technology
 - Collaboration time
 - New creative spaces (Permits?)
 - **Reinstate a Coordinator to ensure equity across schools**

CLASSROOM MOVEMENT BREAKS

"INTERRUPTING SITTING IS THE SECRET POTION TO HEALTH."

Dr. Joan Vernikos, former NASA director of Life Sciences

- ❑ Start, Break or End class with **MOVEMENT**.
- ❑ Physical Education is essential but isn't enough
- ❑ Trying to cure hours of sedentary behaviors
- ❑ Staying in classrooms in cohorts- less movement & more sitting



EXTRACURRICULARS

SPORTS - What sports can we offer that maintain distance + are deemed "Safe"?

Student athletes need a way to resume normalcy and their piece of themselves that is missing. Sports can be part of one's identity and can impact emotional health as well as physical health.

(Tennis / Baseball / Volleyball / Ultimate Frisbee / Soccer)

EXTENDED DAY PROGRAMMING - A great opportunity to have more movement + social play incorporated into an extended school day.

"A GAME IS A WAY OF LOOKING AT SOMETHING, ANYTHING."

Clark C. Abt

COMMUNITY PROGRAMMING

Brookline Recreation– programming for small groups/offer virtual programming

Golden Shoes– Pierce tradition

Virtual programming with local businesses–

- Yoga Studios
- Rowing Studio
- Fitness Centers (parent + kid workouts)



Physical Activity

- Physical Education
- Recess
- Classroom Activity
- Extracurricular Activities



Academic Performance

- Cognitive Skills
- Attitudes
- Academic Behaviors
- Academic Achievement

[Whole School, Whole Community, Whole Child Model- link from CDC](#)

