LET'S GET PHYSICAL!

Ideas for Increasing Physical Activity Before, During and After School

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Consultant

Iowa Department of Education

Webinar Issues? 515.281.5356

Objectives

- Explore ideas for increasing physical activity before, during and after school
- Take away 1 or 2 ideas you can use in your school

CSPAP: What?

- Comprehensive School Physical Activity Program has 5 areas:
- Physical Education
- **Physical Activity during school**
- **Physical Activity before and after school**
- Staff Involvement
- Family and Community Engagement

Learn more: DE Physical Activity Web Page

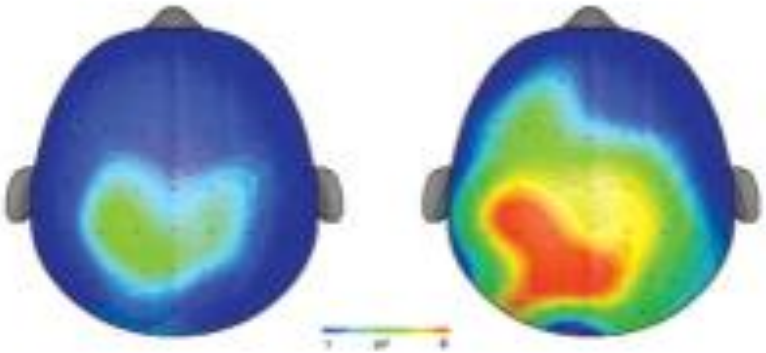
https://www.educateiowa.gov/physical-activity

"Schools that do not implement a solid physical activity program are short changing student brains and their potential for academic performance."

TEACHING WITH THE BRAIN IN MIND
~ ERIC JENSEN

Students taking the same test….

Brain on physical activity: which one would you rather take to class?



After 20 minutes of SITTING QUIETLY

After 20 minutes of WALKING

Dr. Charles Hillman of the Department of Kinesiology and Community Health at the University of Illinois at Urbana-Champaign is teasing out the relationship between physical activity and processes involved in attention, memory and academic performance in children.

BEFORE AND AFTER SCHOOL!

Before and After School: Active Transport

Walking School Bus: Iowa Walking School Bus Guide

Before and After School: Active Transport

- Are there bike racks?
- Can a class design artistic bike racks?
- NE Iowa Bike Rack Challenge

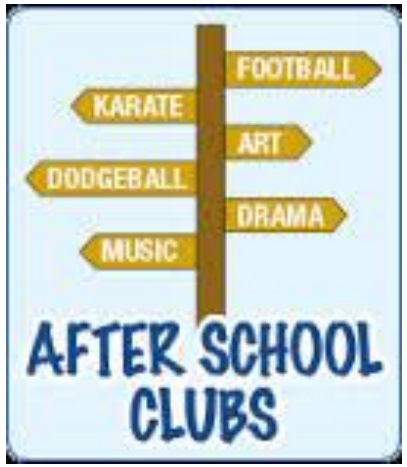
Before and After School: Walking Club

100 MILE CLUB

Before and After School: Open Gym and Playground

Consider "line times" as opportunities to be active:

- waiting in the morning
- waiting for the bus after school
- waiting for parent pick up.



“Stretch & Go” Before School Energizer

Idea from Action for Healthy Kids:

Students at Glen Acres School in Lafayette, Indiana had a chance to wake up their brains and bodies before school with “Project Stretch & Go.” Before school each day, students and staff had 15 minutes of physical activity, with the final minutes for deep breathing, relaxing stretches and cool down.

Naperville Central High School, Illinois

Students struggling in reading and math start their day in the gym with a workout to boost focus and learning. Kids who took PE before reading comprehension class read ½ year ahead of those who did not take the PE class.

NEED TO KNOW | A physical education in Naperville | PBS

VIDEO

DURING SCHOOL!

PA DURING SCHOOL

- ✓ Classroom Physical Activity Breaks
- ✓ Classroom Management Strategies
- ✓ Active, Quality Recess: Inside and Outside

Why Brain Breaks?

- little to no prep
-cross the mid-line of the body
-increases focus and concentration
-can involve academic content
-can adjust time
-flexible
-many activities
-FUN!

LESS THAN 5 MIN!

Morning Announcements

- Stand up and stretch
- Walk in place
- Chair aerobics
- "Today's movement is: _____ brought to you by 5th grade!"
- ABC Physical Activity of the day

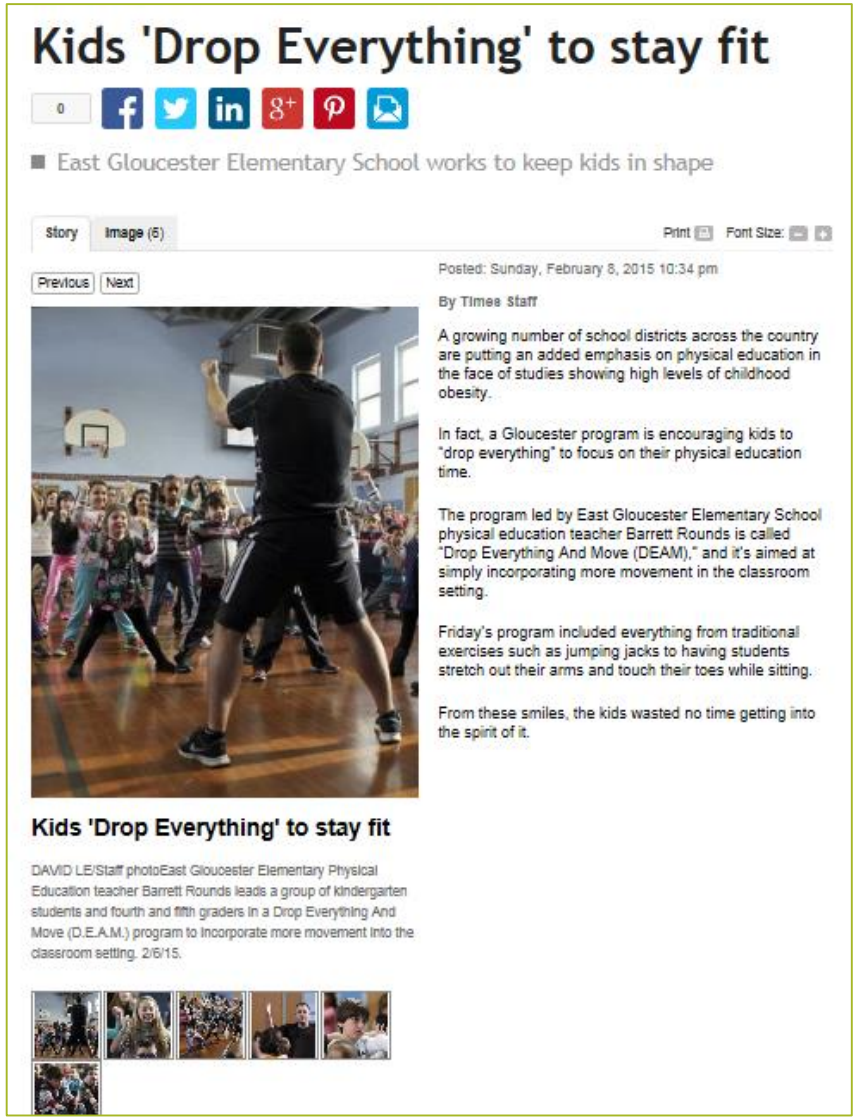
Fitness Alarm

Sound signals time to drop everything and move!

Do you remember D.E.A.R?
How about D.E.A.M?

D.E.A.M!

Aimed at simply incorporating more movement in the classroom setting.



Kids 'Drop Everything' to stay fit

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East Gloucester Elementary School works to keep kids in shape

Story | Image (6) | Print | Font Size:

Previous | Next

Posted: Sunday, February 8, 2015 10:34 pm

By Times Staff

A growing number of school districts across the country are putting an added emphasis on physical education in the face of studies showing high levels of childhood obesity.

In fact, a Gloucester program is encouraging kids to "drop everything" to focus on their physical education time.

The program led by East Gloucester Elementary School physical education teacher Barrett Rounds is called "Drop Everything And Move (DEAM)," and it's aimed at simply incorporating more movement in the classroom setting.

Friday's program included everything from traditional exercises such as jumping jacks to having students stretch out their arms and touch their toes while sitting.

From these smiles, the kids wasted no time getting into the spirit of it.

Kids 'Drop Everything' to stay fit

DAVID LE/Staff photoEast Gloucester Elementary Physical Education teacher Barrett Rounds leads a group of kindergarten students and fourth and fifth graders in a Drop Everything And Move (D.E.A.M.) program to incorporate more movement into the classroom setting. 2/6/15.

All-School Spirit Dance
Howard Winneshiek CSD

- Howard Winneshiek CSD Wellness Committee wanted to concentrate on physical activity this year.
- Cheerleaders created a dance they taught to the whole student body and teachers.
- When the music is played, the dance begins at sporting events, school events, and in the classroom.
- Great way to get everybody up and moving!

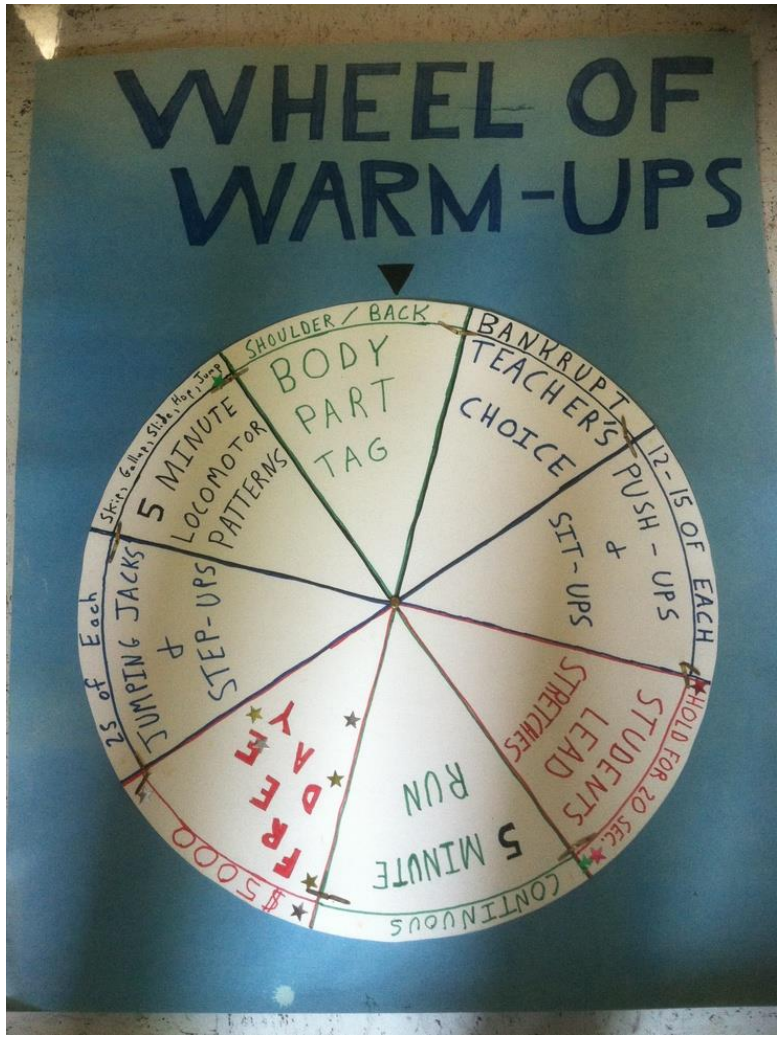
VIDEO

Fuel Up Be Fit

Before ~ During ~ After School!

No-Cost and Low-Cost Classroom PA

Toe Touch
Crab Kick
Windmills
Push Up
Bicycle
Sit & Reach
Sit Up
Jumping Jack
Body Fold
Fit·Spot
Run In Place


WHEEL OF WARM-UPS
SHOULDER / BACK
BODY PART TAG
BANKRUPT
TEACHER'S CHOICE
12-15 OF EACH
PUSH-UPS & SIT-UPS
HOLD FOR 20 SEC.
STUDENTS LEAD STRETCHES
5 MINUTE RUN
CONTINUOUS
$5000
FREE PLAY
25 of Each
JUMPING JACKS & STEP-UPS
5 MINUTE LOCOMOTOR PATTERNS

Make it Pinterest-ing!

Paper plate ice skating!

Jumpstart Jar

Fit-Tac-Toe

moon walk	pretend to swim	yoga breathing
jump up and down	do the twist	free choice
high-five your friends	seed to a tree (act it out)	five sit-ups

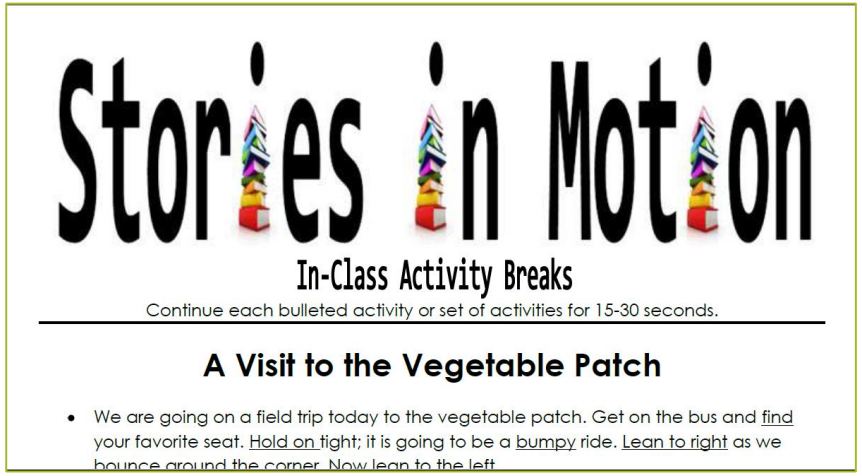
Fit-Tac-Toe

Elementary: 100th Day, Stories in Motion, Videos

Name _____

100th Day of School!

- [ ] Take 100 steps
- [ ] Jump 100 times on both feet
- [ ] Jump 100 times on one foot
- [ ] Do 100 jumping jacks
- [ ] Touch your toes 100 times
- [ ] Sit in your chair 100 times
- [ ] Toss the ball back and forth with your partner 100 times
- [ ] Run 100 yards
- [ ] Bounce a ball 100 times
- [ ] Do 100 stretches



Stories in Motion

In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

A Visit to the Vegetable Patch

- We are going on a field trip today to the vegetable patch. Get on the bus and find your favorite seat. Hold on tight; it is going to be a bumpy ride. Lean to right as we bounce around the corner. Now lean to the left

Stories in Motion

Fitness Breaks by Iowa Food and Fitness

Share:

Brain Breaks for Waiting in Line

Learning to wait is an important skill, but it can be difficult for students to wait patiently in line. Even when they have been instructed and reminded to keep their hands to themselves and use quiet voices, a couple minutes can seem like a long time and the wiggling returns. What can we do? Teach strategies that will help students wait with active minds and bodies, and fewer behavior problems.

Toe Tapper

1. Students pair up, face each other.
2. Tap right feet together once.

- Silent "Do What the Teacher Does": teacher does an action and those in line silently repeat the motion, such as knee lifts, ankle circles, side bends
- Silent "Flash Math": do mental math; teacher flashes fingers for students to add, students respond by raising their fingers with the answer. Example: teacher flashes 3 fingers, then 5 fingers; students respond by holding up 8 fingers.
- Bring along site words, vocabulary words, math facts, geography or science facts to review if the class is waiting for lunch or to transition from recess to class, class to class.
- Play "I Spy…"

Teach students how to do these on their own:

- March in place or balance on one foot
- Stretch, twist, squats, toe raises, knee lifts
- Deep breathing
- Head, Shoulders, Knees and Toes

Teach students how to do these with a partner:

- Hand games like rock, paper, scissors
- Double This, Double That
- Toe Tapper or Index Finger/Thumb Switch (instructions to the left)

Brain Breaks for the Classroom

Healthy students are better on all levels of academic achievement: academic performance, education behavior, and cognitive skills and attitudes.

Implementing strategies that help kids stay healthy through nutrition and being physically active can result in: better attendance, fewer behavior problems and higher test scores and grades.

JAM School Program

GoNoodle

Fuel up to Play 60 Activity Breaks

AHG Resources

AHG Videos

Let's Move! Resources

AHK: Brain Breaks

Move for Thought

Quick Draw Math

1. Students pair up, face each other, hands behind back.
2. Using appropriate fingers, on the count of 3, both students will hold up their choice of number of fingers.
3. Students add all fingers. First one to say right answer gets a point.

Variations:

Index Finger/Thumb Switch

1. Stand up.
2. Point only the thumb up on right hand while pointing only the left index finger away.
3. Switch back and forth as quickly as possible for 1-2 minutes.

Toe Tapper

1. Students pair up, face each other.
2. Tap right feet together once.
3. Tap left feet together 3 times.
4. Tap right feel together twice.
5. Continue 1-3-2 pattern as quickly as possible for 1-2 minutes.

Nose and Ear Switch

1. Touch left finger to nose while you reach right hand through arm to pinch left ear.
2. Switch to right finger on nose

ABC 123

1. Stand up.
2. Write letter A in the air while saying 1. Write letter B in the air while saying 2. Write letter C in the air while saying 3

Tips for Teachers

Promoting Healthy Eating & Physical Activity in the Classroom

Allow Access to Drinking Water

- Allow students to visit the water fountain throughout the school day and to carry water bottles in class.
  - Send a note to parents that students will be allowed to bring water bottles to your class, though not mandatory. If bottles are filled at home, ask parents to use only plain water.
- Inform school maintenance staff if water fountains are not clean or are not functioning properly.

Access to drinking water throughout the day gives students a healthy alternative to sugar-sweetened beverages.[1] Staying hydrated may also improve student cognitive function.[2]

Use Student Rewards that Support Health

- Do not use food or beverages to reward student achievement or good behavior.
  - Avoid giving students candy or food coupons.
- Use nonfood items, activities and opportunities for physical activity to recognize students for their achievements or good behavior.
  - Offer stickers, books, extra time for recess, or walks with the principal or teacher.

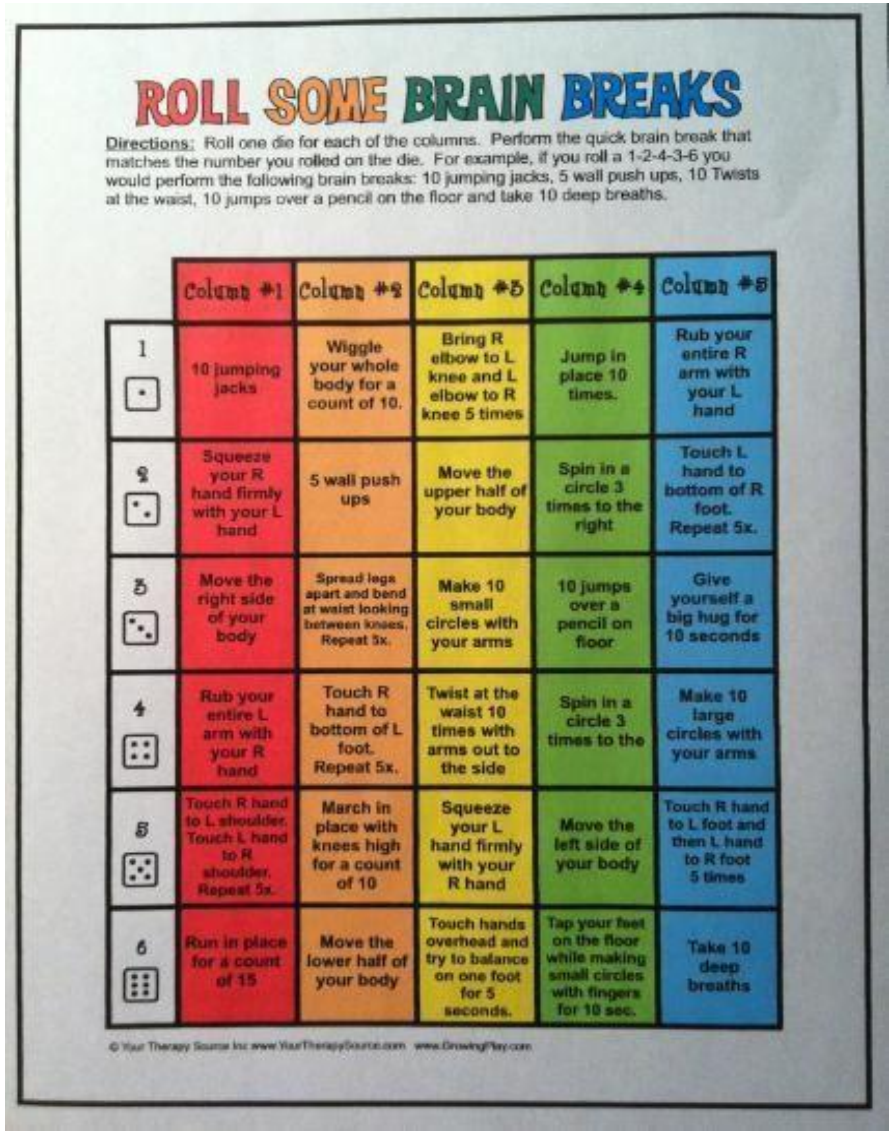
Ideas for nonfood rewards

- Do not withhold food, beverages, or physical activity time to discipline for academic performance or poor classroom behavior.

Move for Thought

Integrated Physical Activities for Learning in the Elementary School Classroom

TEAM NUTRITION IOWA™



ROLL SOME BRAIN BREAKS

Directions: Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-6 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and take 10 deep breaths.

	Column #1	Column #2	Column #3	Column #4	Column #5
1	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the	Make 10 large circles with your arms
5	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6	Run in place for a count of 15	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths

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www.YourTherapySource.com

MS and HS YouTube:

Double This, Double That

Toe Tapper Energizer

IF YOU HAVE SPACE AND RESOURCES

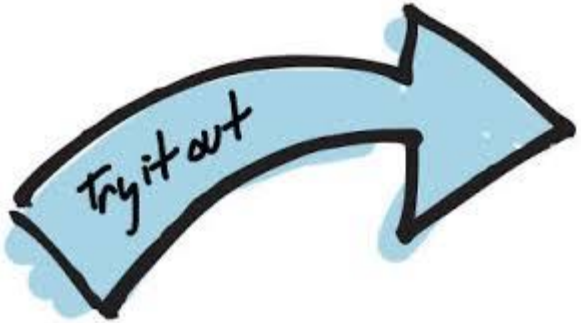
Story Walk at Wings Park Elementary, Oelwein, IA

You read a story as you walk!

NE Iowa Food and Fitness

Fitness Lab!

- Empty classroom
- 8 fitness stations and 1 computer station
- Fitness and health concepts
- Manipulatives and videos



Read and Ride

- North Carolina's Ward Elementary equipped a classroom with enough bikes for a full class of students.
- Classes rotate throughout the day.

Benefits:

- Fun!
- Increased attention/focus
- Increased physical activity
- > riding time = > reading scores

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Wausau students bounce, pedal and learn all at once

Keith Uhlig, Daily Herald Media 11:23 a.m. CST February 1, 2015

(Photo: Dan Young/Daily Herald Media)

WAUSAU — Thirteen-year-old Gabe Krueger grabbed the large balance ball first thing when he walked into the math class.

The Horace Mann Middle School seventh-grader then spent the next 50 or so minutes bobbing and bouncing while adding and subtracting fractions. His math teacher, Amy Akey, paid no attention to Gabe, or a spattering of Gabe's classmates who were pedaling under their desks or bouncing on small trampolines that are placed on the edge of Akey's classroom.

"I think it helps the students in class," Akey said, referring to the small pieces of exercise equipment. "They're able to stay focused and do the things they need to do get done. ... I love the stuff."

Akey and her students have fallen sway to the influence of Horace Mann physical education teacher Ken Smith. Over the course of the last two school years, Smith has been helping teachers such as Akey to incorporate physical movement into their courses. These exercises aren't meant to build muscle, though. They're intended to develop students' brains.

It gives a whole new meaning to the phrase "academic fitness," and if the limited experiences of Smith and the teachers he's working with are any indication, exercise can be a key factor in learning success. And the positive results likely aren't limited to young students.

Answer Sheet

Letting kids move in class isn't a break from learning. It IS learning.

BBQ Savings Account NO MINIMUMS START SAVING EARN INTEREST

By Valerie Strauss January 19 Follow @valeriestrauss

Students in Robbi Giuliano's fifth-grade class sit on yoga balls as they complete their assignments at Westtown-Thornbury Elementary School in West Chester, Pa. (MATT ROURKE/ASSOCIATED PRESS)

Exercise boosts teens' brains - study

WILMA MCKAY

Last updated 14:29, January 20 2015 0 Share 83 Tweet 12 g+1 Share

Heard the expression "Ask a teen - they know everything?"

A new Dunedin study suggests they could be even smarter with regular exercise.

The research has revealed regular physical activity improves brain function in young adults, University of Otago psychology department senior lecturer Dr Liana Machado said.

"A body of research already exists showing aerobic exercise improves brain function in older adults, but there is a limited amount of literature on how it affects young adults," she said.

She said she had noticed over the years that university students appeared progressively less fit.

"I wondered whether we might find significant relationships between exercise levels, oxygen availability in the brain, and cognition in the young adults, but no studies had considered this in healthy young adults."

Machado set out to test "the oft-held belief" that the brains of young adults in their prime and considered at the height of cognitive ability, might not benefit as much as older people from regular sustained exercise.

That belief was now rapidly being overturned, she said.

Her research found compelling evidence for regular exercise, at least five days a week, as a way to sharpen cognitive ability in young adults.

It challenged the assumption that living a sedentary lifestyle led to problems only later in life, she said.

CLASSROOM MANAGEMENT

Classroom Management

Lining Up Students

by Karen Bagby

- Creative ways for students to line up and
- Physical activity breaks for waiting in line.
- Great for classroom teachers and associates
- Thanks, Karen!

Lining up Students for Transitions

Strategies and Activity Breaks

For Elementary Students

Karen N. Bagby
Education Consultant
2015

Getting young students to line up quietly and safely, especially during transitions, and then wait for even a minute, can be quite challenging. Instructional protocols which encourage and motivate students to line up and wait, as expected, need to be in place. Once in line, have students do an 'activity break" to make the waiting less boring and even fun. Just before it is time to leave, students should show respect and stand with eyes forward, voices off, arms at sides, hands to self, with "windows open" (a small amount of space in front and behind). Then, they will be ready to walk in a safe, quiet, and controlled manner.

Note: Several of the ideas are used by permission of PE Central (pecentral.org), the premier website for physical education teachers.

-Strategies for Lining up Students during Transitions-

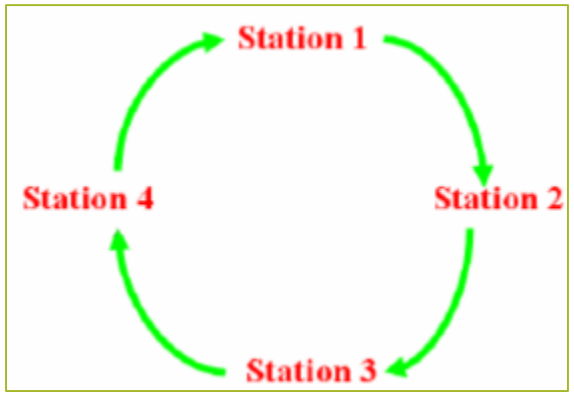
1. **Color Call**

- When it is time to dismiss, ask first for the students who are wearing something red, then blue, then green, etc. to walk calmly and line up.
- Ask students line up according to eye color. "Those who have hazel eyes can line up now", etc.
- Ask students to line up according to hair color (i.e., brown, red, blonde, etc.)
- Or, vary it and line up by the type of clothing they are wearing (i.e. jeans, t-shirts with letters on them, shoes with ties, etc.

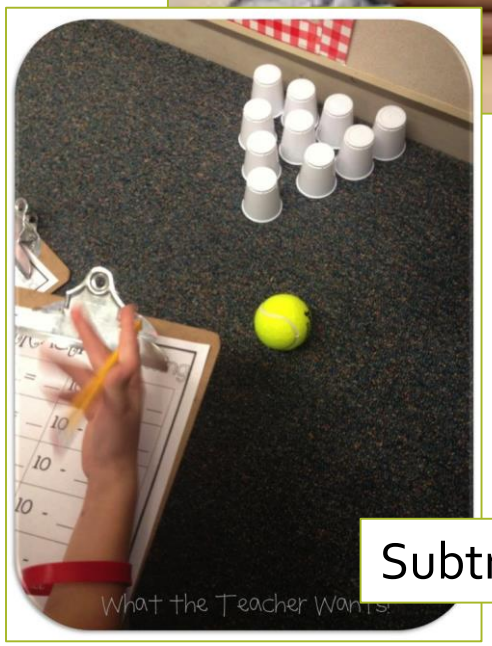
*Submitted by **Mark Manross** who is the Executive Director of PE Central; modified by Karen Bagby, Iowa City, IA...*

Academic PA

Gallery Walk and Review Walk



Academic PA



Math averaging, addition, subtraction story problems

Subtraction bowling!

Academic PA

Musical Chairs Reading

Bike Desks in the library

Sharing library

✓Gather materials and share ideas

✓Books
✓DVDs
✓Lesson Plans
✓Small Equipment
✓Magazines
✓Bulletin Board materials
✓Newsletters

QUALITY RECESS

~ Be Active

~ Have Fun

~ Be Safe

~ Empower Students: Rules, Social Skills, Conflict Resolution

Outside Recess!

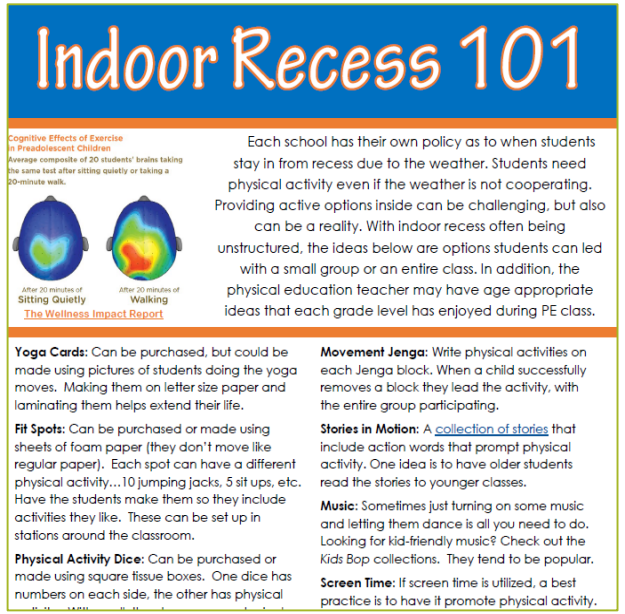
Middle School and High School Ideas

- Blacktop Time
- Walk and Talk Time
- Physical Activity Study Hall
- Active Lunch Break
- Ideas????

Inside Recess!

Think outside the GYM to find space!

- Gym
- Cafegymatorium
- Classrooms: empty and teachers'
- Cafeteria
- Auditorium
- Hallways



Indoor Recess 101

Cognitive Effects of Exercise in Preadolescent Children
Average composite of 20 students' brains taking the same test after sitting quietly or taking a 20-minute walk.

After 20 minutes of Sitting Quietly — After 20 minutes of Walking

The Wellness Impact Report

Each school has their own policy as to when students stay in from recess due to the weather. Students need physical activity even if the weather is not cooperating. Providing active options inside can be challenging, but also can be a reality. With indoor recess often being unstructured, the ideas below are options students can led with a small group or an entire class. In addition, the physical education teacher may have age appropriate ideas that each grade level has enjoyed during PE class.

Yoga Cards: Can be purchased, but could be made using pictures of students doing the yoga moves. Making them on letter size paper and laminating them helps extend their life.

Fit Spots: Can be purchased or made using sheets of foam paper (they don't move like regular paper). Each spot can have a different physical activity…10 jumping jacks, 5 sit ups, etc. Have the students make them so they include activities they like. These can be set up in stations around the classroom.

Physical Activity Dice: Can be purchased or made using square tissue boxes. One dice has numbers on each side, the other has physical

Movement Jenga: Write physical activities on each Jenga block. When a child successfully removes a block they lead the activity, with the entire group participating.

Stories in Motion: A collection of stories that include action words that prompt physical activity. One idea is to have older students read the stories to younger classes.

Music: Sometimes just turning on some music and letting them dance is all you need to do. Looking for kid-friendly music? Check out the *Kids Bop* collections. They tend to be popular.

Screen Time: If screen time is utilized, a best practice is to have it promote physical activity.

Give it a try:

- Trial period
- Limit number of students
- Rotate between grade groups
- Explain safety and noise rules
- Set up stations

Inside Recess: Imagine….

Cafegymatorium

Cafeteria

Hallway Obstacle Course

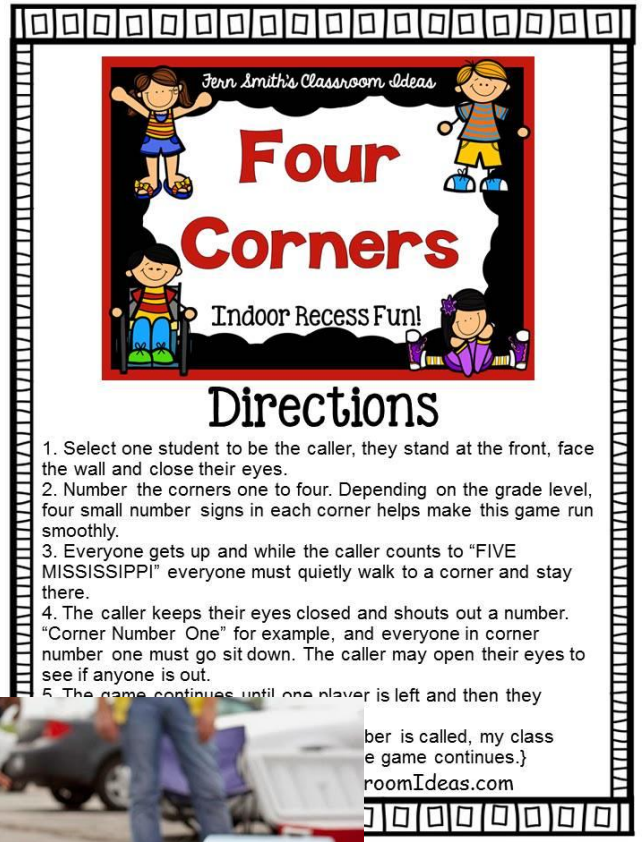
Empty Classroom

Classroom

Auditorium

Classroom Recess

http://www.playworks.org/



Health-E-tips
JAM School Program

Minute to Win It Games

GoNoOdle

Multiplication!

Advocate and Create!

ADVOCATE for:

- MORE recess (Iowa Healthy Kids Act: K-5 shall engage in physical activity for a minimum of 30 minutes/day and grades 6-12: shall engage in physical activity for a minimum of 120 minutes/week.
- BETTER recess
- ACTIVE recess
- RECESS BEFORE LUNCH

CREATE:

- Indoor recess kits
- Quality recess space
- INCLUSIVE recess space
- Check out Playworks and Peaceful Playgrounds

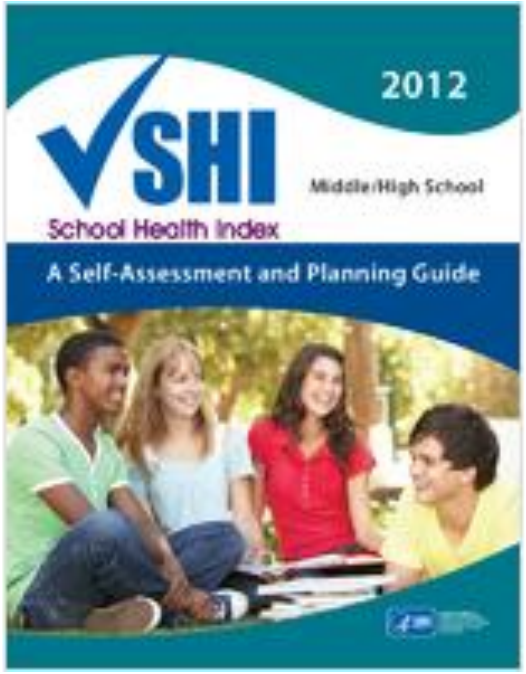
NEXT STEPS:

What 1 or 2 things can you try?

Type your response in the chatbox!

Next Steps:
Meet, Assess, Plan, Implement, Evaluate

CSPAP Guide



School Health Index

Tips for Success:

- Have fun!
- Be a role model
- Share ideas
- Engage students in creating, planning and leading
- Inclusion of all students: modify as needed for different abilities, consider equipment needs
- Find volunteers: local celebrities to lead a walk or an activity (mayor, principal, superintendent, hs students, parents, grandparents, police chief, local colleges: coaches, mascots, athletes to volunteer)

Questions
Answers

Thank you for making a difference in the lives of your students.

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