LET’S GET PHYSICAL!

Ideas for Increasing Physical Activity Before, During and After School

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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 shortchanging student brains and their potential for academic performance.”

TEACHING WITH THE BRAIN IN MIND
~ ERIC JENSEN
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](https://www.iowawalkingbus.org)
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
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.
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.
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!
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.
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!
No-Cost and Low-Cost Classroom PA
Make it Pinterest-ing!

Paper plate ice skating!

Jumpstart Jar

Fit-Tac-Toe

<table>
<thead>
<tr>
<th>moon walk</th>
<th>pretend to swim</th>
<th>yoga breathing</th>
</tr>
</thead>
<tbody>
<tr>
<td>jump up and down</td>
<td>do the twist</td>
<td>free choice</td>
</tr>
<tr>
<td>high-five your friends</td>
<td>seed to a tree (act it out)</td>
<td>five sit-ups</td>
</tr>
</tbody>
</table>
Elementary: 100th Day, Stories in Motion, Videos

Stories in Motion

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.

Fitness Breaks by Iowa Food and Fitness
**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 1-2-4-5-6 you would perform the following brain break: 10 jumping jacks, 5 wall push ups, 2 moves the right side of your body, 4 scooter, and 5 march in place for a count of 15.

<table>
<thead>
<tr>
<th>Column #1</th>
<th>Column #2</th>
<th>Column #3</th>
<th>Column #4</th>
<th>Column #5</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 jumping jacks</td>
<td>Wiggle your whole body for a count of 10</td>
<td>Bring it to L knee and L elbow to R knee 5 times</td>
<td>Jump in place 10 times</td>
<td>Hub your entire arm with your L hand</td>
</tr>
<tr>
<td>3 wall push ups</td>
<td>Move the upper half of your body</td>
<td>Spin in a circle 5 times to the right</td>
<td>Touch L hand to bottom of R foot</td>
<td>Repeat 5x</td>
</tr>
<tr>
<td>5</td>
<td>Move the right side of your body</td>
<td>Touch R hand to bottom of L foot</td>
<td>Repeat 5x</td>
<td>Repeat 5x</td>
</tr>
<tr>
<td>6</td>
<td>Touch R hand to shoulder</td>
<td>March 1/2 way out to the side</td>
<td>Make 10 large circles with your arms</td>
<td>Repeat 5x</td>
</tr>
<tr>
<td>10</td>
<td>Run in place for a count of 15</td>
<td>Squeeze your L hand firmly with your R hand</td>
<td>Move the lower half of your body</td>
<td>Take 10 deep breaths</td>
</tr>
</tbody>
</table>

**MS and HS**

**YouTube:**

- [Double This, Double That](#)
- [Toe Tapper Energizer](#)

[www.YourTherapySource.com](http://www.YourTherapySource.com)
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
- More riding time = More reading scores
Wausau students bounce, pedal and learn all at once

WAUSAU — Thirteen-year-old Gabi 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 10 minutes bouncing and bouncing while adding and subtracting fractions. His math teacher, Amy Akey, paid no attention to Gabi, or a squalling of Gabi’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 just as well. I love the stuff.”

Akey and her students have fallen prey to the influence of Horace Mann physical education teacher-visor 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.

This is a great new trend in education known as “educational fitness,” and it’s the latest manifestation of Smith and the teachers he’s working with see the value in integrating exercise into their daily lessons.

“Exercise moves your mind to a different plane,” Smith said. “It helps focus the brain for longer periods of time.”

A new report in the Journal of the American College of Cardiology indicates that exercise also helps the brain to function better, and that it can enhance memory and learning.

“A body of research already exists showing that exercise improves brain function in older adults, but there is a limitation on the amount of literature on how it affects young adults,” said Dr. Lisa Machado. 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 Mannessa 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!

Pick Teams

Free Play Areas

Activity Zones

Teach Transition Skills
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

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…..

Cafeteria

Hallway Obstacle Course

Cafegymatorium

Classroom

Empty Classroom

Auditorium
Classroom Recess

Balloon Ping Pong

http://www.playworks.org/

Minute to Win It Games

Four Corners

Directions
1. Select one student to be the caller, they stand at the front, face the wall and close their eyes.
2. Number the corners one to four. Depending on the grace level, four small number signs in each corner helps make this game run smoothly.
3. Everyone gets up and while the caller counts to “FIVE MISS GGPPPP” everyone must quietly walk to a corner and stay there.
4. The caller keeps their eyes closed and shouts out a number. “Corner Number One” for example, and everyone in corner number one must go sit down. The caller may open their eyes to see if anyone is out.
5. The game continues until one player is left and then they are the winner.

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

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