



Creating Healthy Schools and Communities

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"You can't educate a child who isn't healthy, and you can't keep a child healthy who isn't educated."

Jocelyn Elders, Former US Surgeon General

Whole School, Whole Community, Whole Child

A collaborative approach to learning and health

**Health and learning
go together!**



Today's Objectives

1

Examine the benefits of incorporating physical activity into the classroom

2

Learn strategies for incorporating physical activity in the classroom

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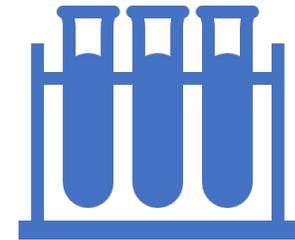
Making physical activity part of classroom time:



Increases
motivation and
enjoyment of
learning



Decreases
behavioral
problems



Improves
concentration,
on-task behaviors,
and test scores

Immediate Benefits

Students Engage
in Physical
Activity

Long-term Benefits

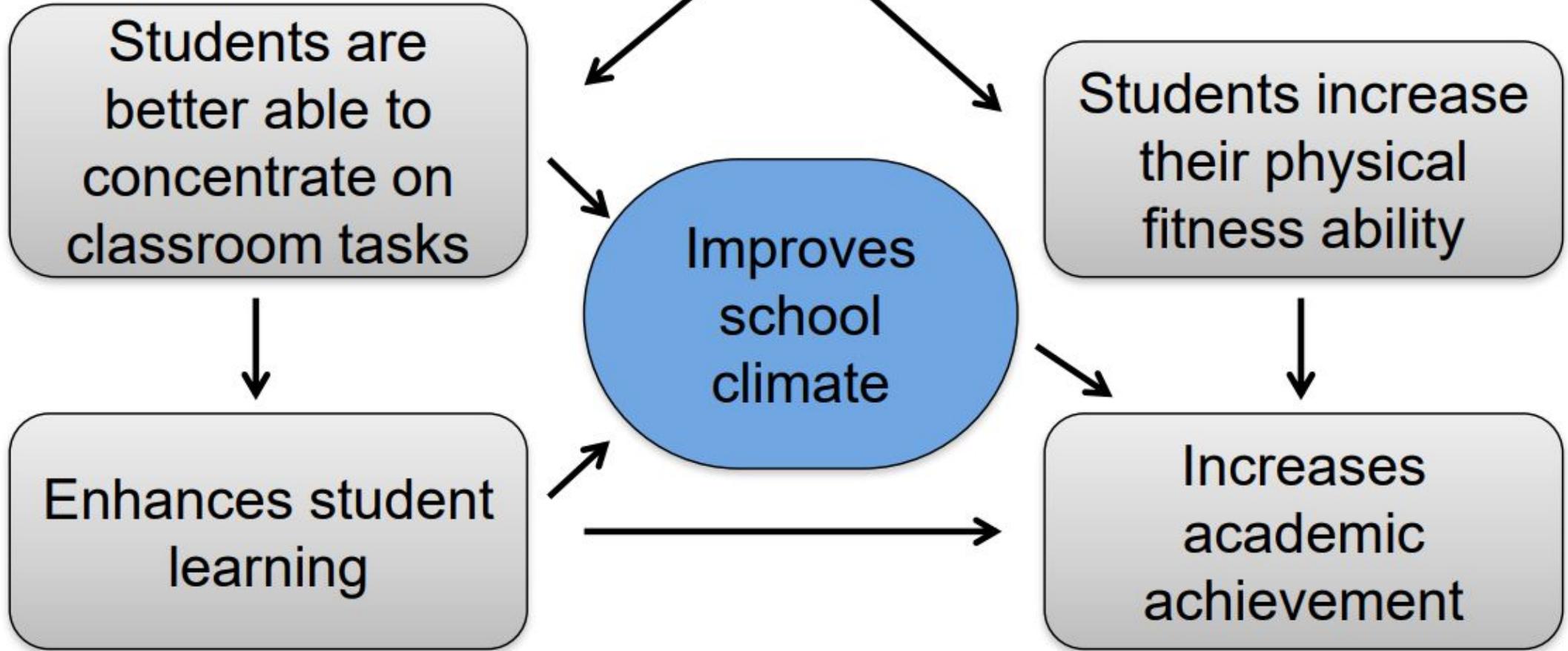
Students are
better able to
concentrate on
classroom tasks

Students increase
their physical
fitness ability

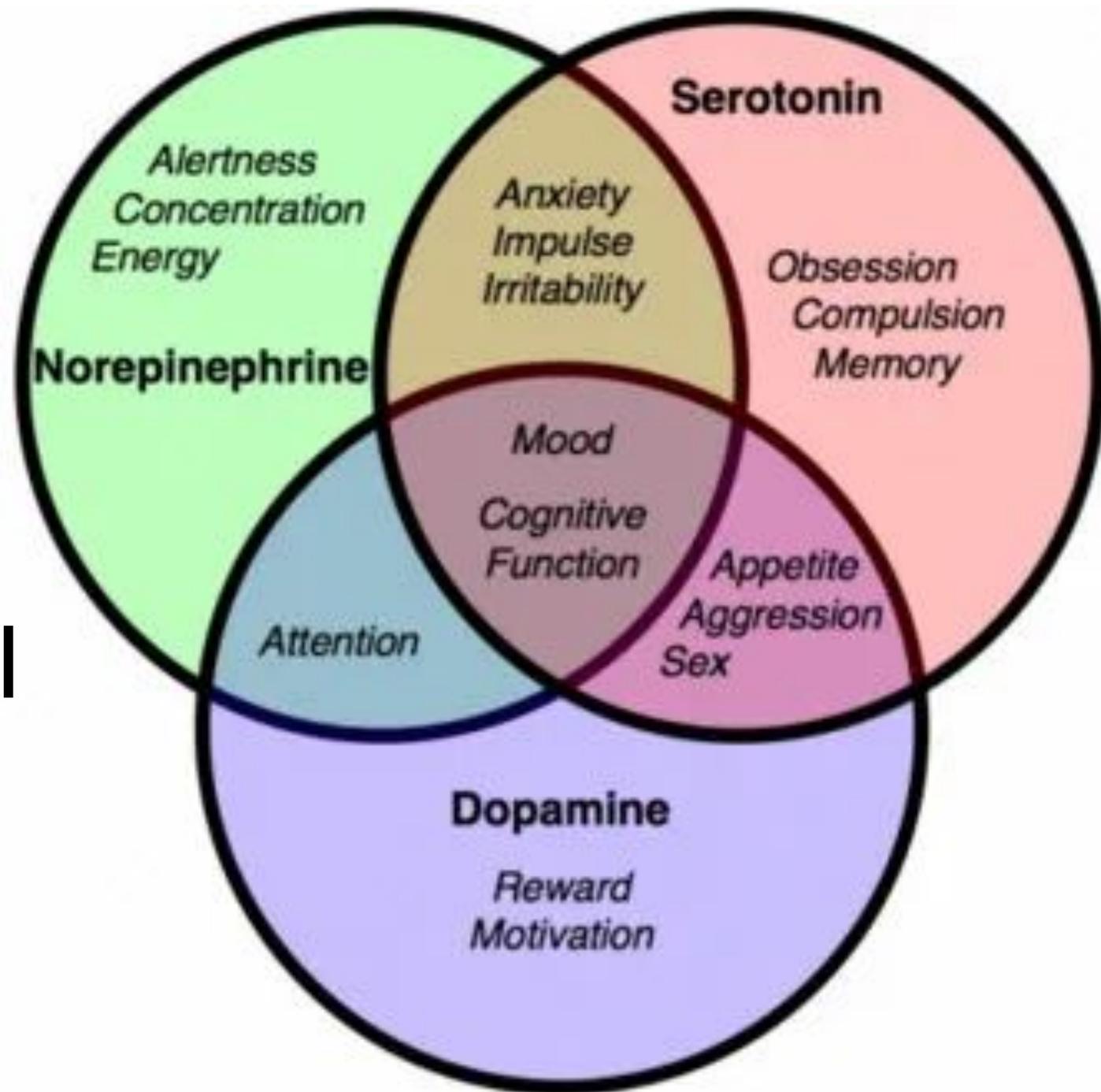
Improves
school
climate

Enhances student
learning

Increases
academic
achievement

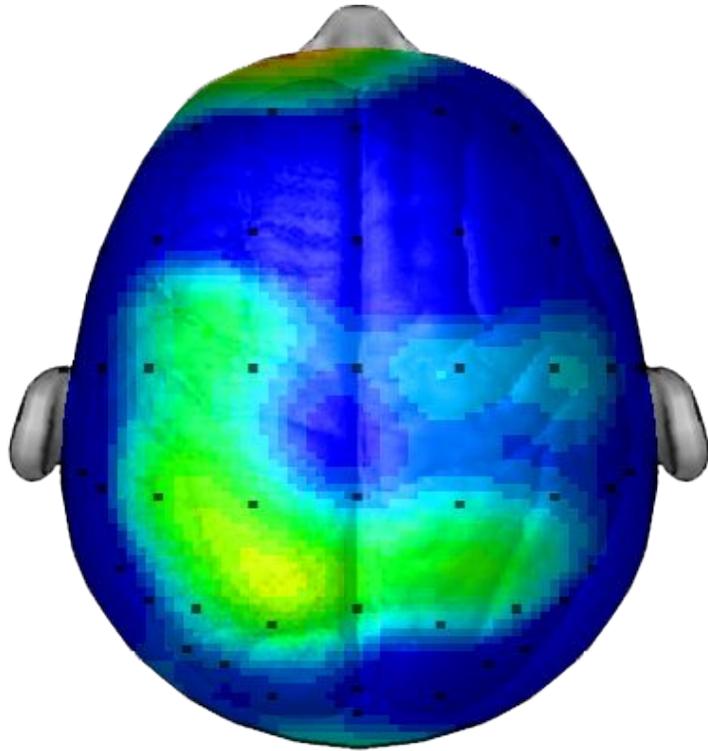


Physical Activity
releases powerful
chemicals

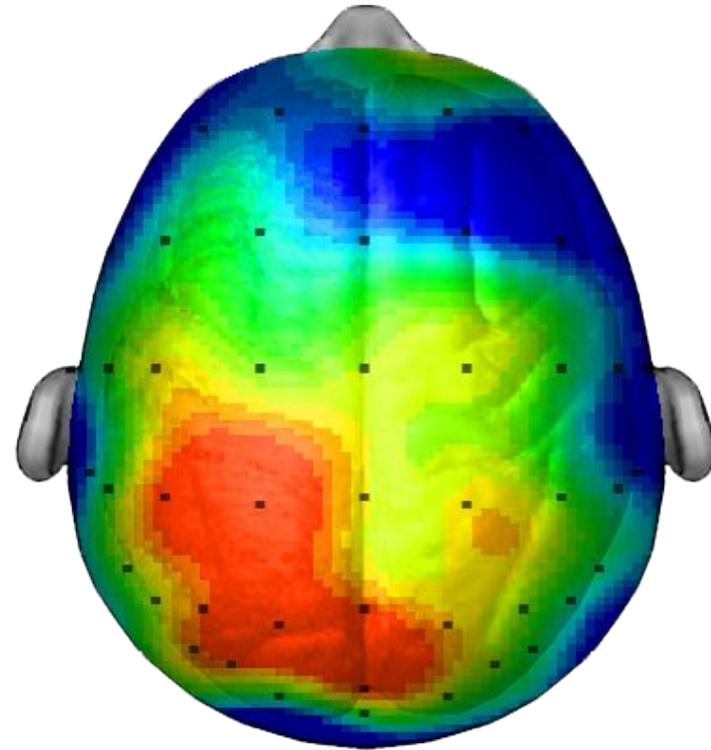


Average composite of 20 student brains taking the same test

Brains after sitting quietly

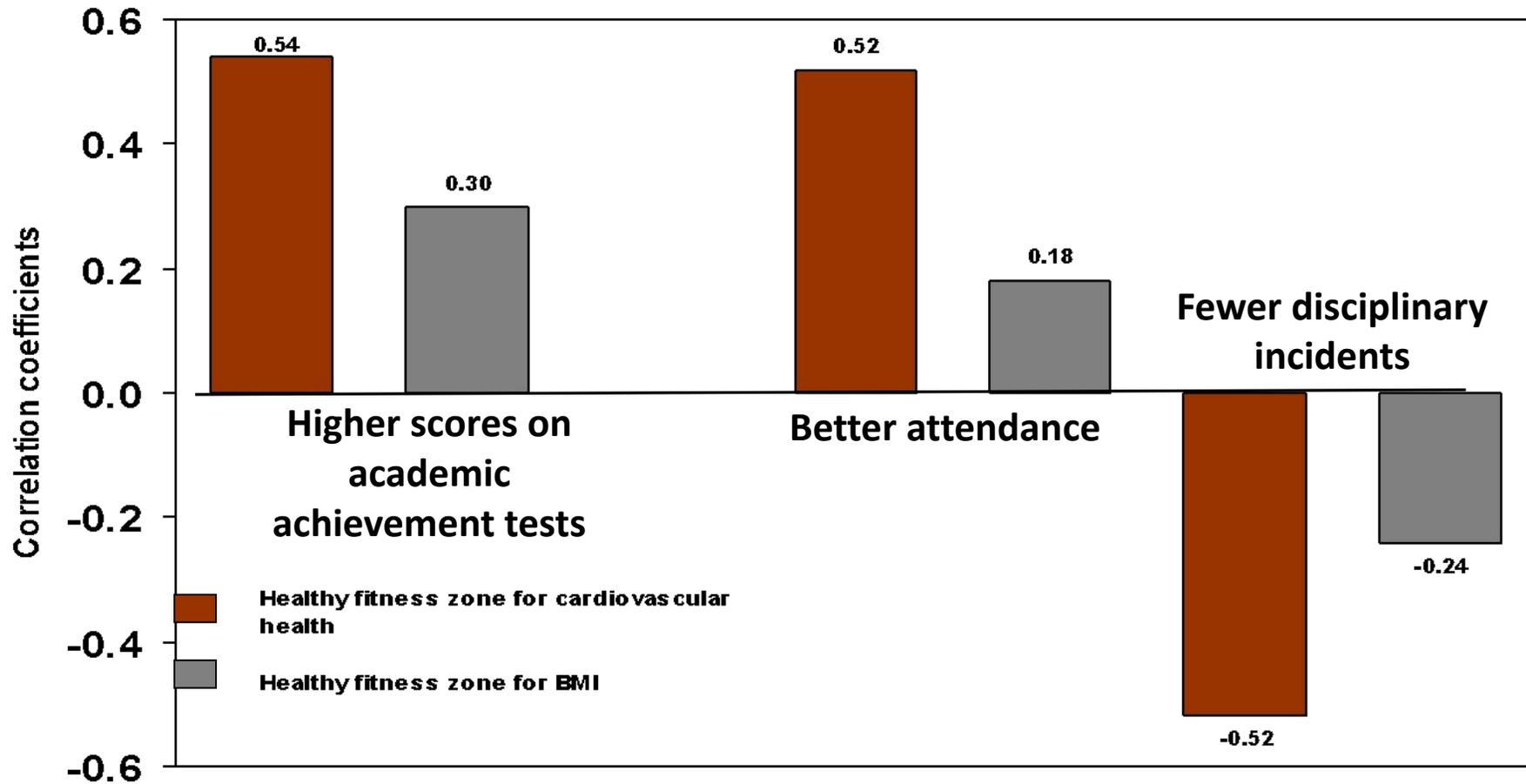


Brains after 20-minute walk



Research/scan compliments of Dr. Chuck Hillman University of Illinois

A study of more than 2.4 million Texas students in grades 3 to 12 found student fitness* and BMI levels correlate with academic test performance, attendance and disciplinary incidents



Welk G. Cardiovascular fitness and body mass index are associated with academic achievement in schools. Dallas, Texas: Cooper Institute, March 2009. <http://www.cooperinstitute.org/ourkidshealth/index.cfm>

*Measured by FITNESSGRAM® tests based on walking or running and adjusted for age and gender

Does physical activity improve social emotional learning and mental health?



What is Social Emotional Learning (SEL)?

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.



Active teenagers have better:
mental,
intellectual,
social
and
emotional
health, including:

Being confident and have enhanced self-esteem;
Being happy and relaxed;
Sleeping well;
Concentrating better at school;
Better managing their stress levels;
Having good relationships and making friends easily;
Feeling like they belong;
Enjoying additional opportunities for fun with friends;
Displaying less anti-social behaviors such as aggressive and disruptive actions;
Having lower rates of anxiety and depression.

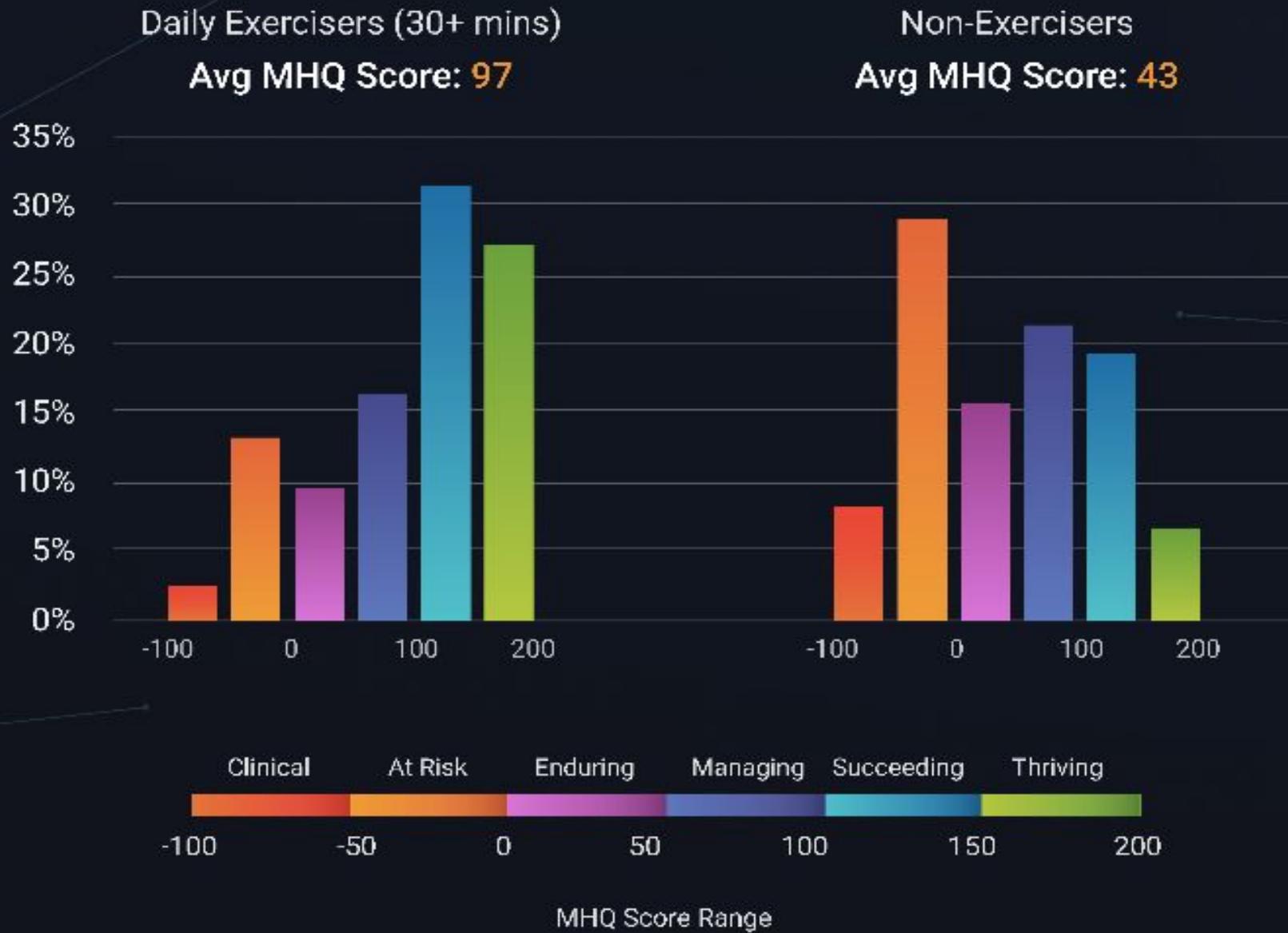
Framework for SEL (CASEL)

Five Core Social Emotional Learning Competencies

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making

You can find this information at
CASEL.org

Daily exercisers have mental well-being scores 2.25x higher than non-exercisers



Today's Objectives

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Examine the benefits of incorporating physical activity into the classroom

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Learn strategies for incorporating physical activity in the classroom

Barriers to physical activity in classrooms

- Time
- Space
- Ideas
- Special Needs
- Confidence



3 ways of making physical activity part of classroom time:



Integrate physical activity into the curriculum



Schedule physical activity breaks



Provide alternative seating for students

Creating the Atmosphere

If you participate in movement, your students are more likely to join you.

Tell your students **why** physical activity throughout the day is necessary.

Don't be afraid to try new activities to get the students moving.

Encourage the students to create and plan the activities.

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Kagan Collaborative Learning Structures

A great way to get kids moving!



Kagan Collaborative Learning Structures



Stand Up-Hand Up-Pair Up...

Students stand up, put their hands up, and quickly find a partner with whom to share or discuss.

- Teacher instructs students to stand up, hand up and pair up when he/she says “Go!”
- Students stand and keep one hand up until they find a partner to high five (air high five) and then put their hands down
- Teacher asks the question or gives the assignment

Carousel Feedback..

Teams rotate from project to project to leave feedback for other teams.

- Teams stand in front of their assigned project
- Teams will rotate clockwise
- For a specified time, teams discuss their reactions to the other team's project (No writing)
- Student #1 records feedback on the feedback form, students are guided to respond based on a rubric or specified criteria
- Teacher calls time
- Rotate and repeat
- When the team returns to their own project, they can review and reflect on the feedback they received

Take off - Touch Down...

Students Take off (Stand) or Touch Down (sit) to display their answer to a particular question.

- Teacher instructs students to Take Off if....
- Or, Touch Down if....

True or False?

True: run in place

False: do large arm circles

3 ways of making physical activity part of classroom time:



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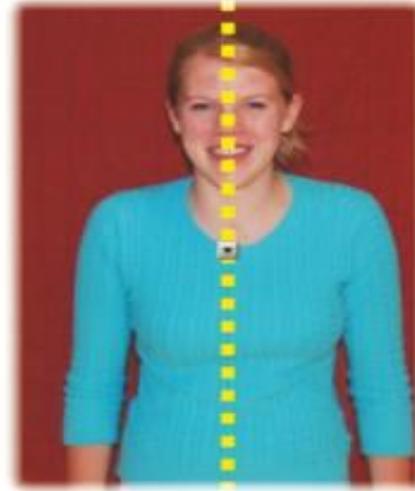


Provide alternative seating for students

Crossing the Midline

Elbow to Knee Brain Break

Promotes movement and Crosses
the midline



This is a way of
helping both sides of
the brain engage.

Arm Stretch

You will be stretching your arms together from side to side.

1. Stand up.
2. Put your arms out in front of you with your hands clasped together. Try to keep your elbows locked.
3. Keeping your hands together, slowly move your arms to the left of you. Keep your arms straight if possible. You should feel a stretch in your shoulders. Move your arms as far as you can.
4. Now start moving them in the other direction. Move your arms as far to the right as possible.



**Try standing on one leg while doing this activity.
Balancing on one leg helps your core strength.**

www.GoNoodle.com



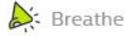
Manage Frustration ⌚ 3:49



Relieve Anxiety ⌚ 3:40



Be Kind To Yourself ⌚ 4:23



Own Your Power ⌚ 3:11



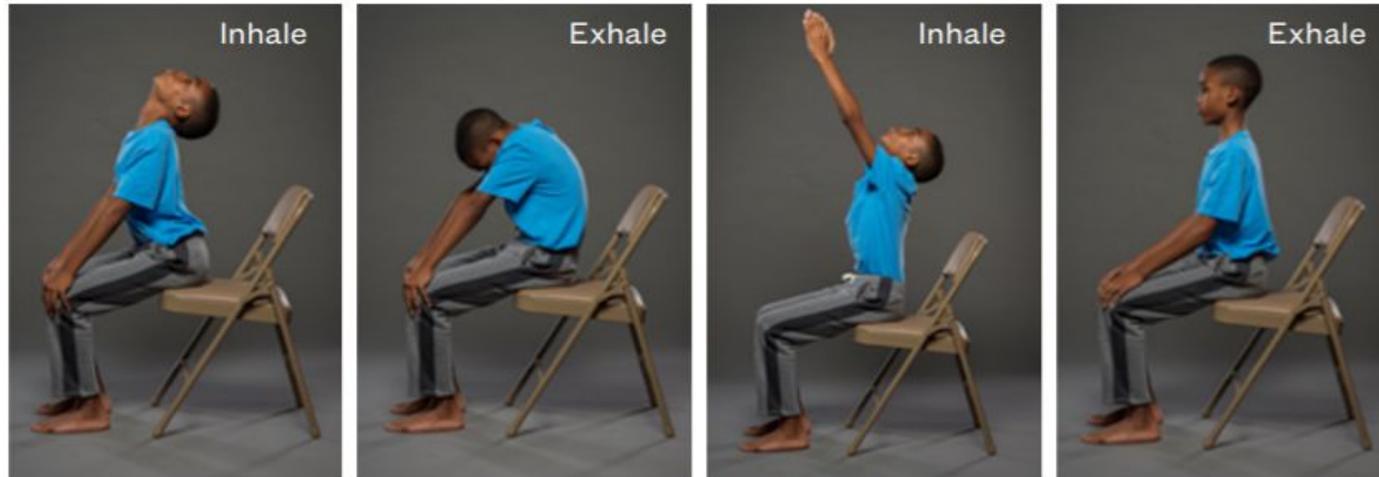
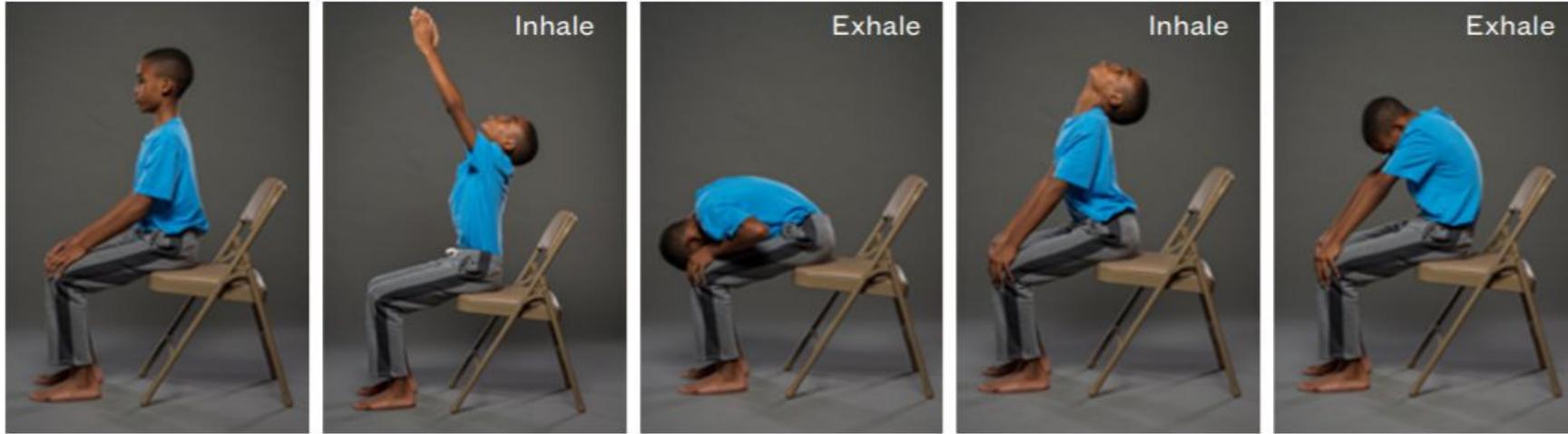
Pure Edge a3

Success Through Focus

Strategies for educators and learners to support social, emotional, and academic



Chair Opening A, pg. 16



Chair Yoga

135 In-School PA Breaks

Deep Breaths Tradition

Make it a classroom tradition to take 3 deep breaths,
each held for 3 seconds,
before a big test or a presentation.

3 ways of making physical activity part of classroom time:



Integrate physical activity into the curriculum



Schedule physical activity breaks



Provide alternative seating for students

The Best Flexible SEATING Options!



Allowing multiple options allows students to choose what is best for them and gives them a sense of control over their learning.

Standing Desks



Yoga balls and wobble disks





Desk bikes



Under desk elliptical

Thank You!

Kate Huber

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