

AMERICA'S
HEALTHIEST
SCHOOLS

Activate Your Colleagues:

Strategies for Integrating Physical Activity throughout
the School Day

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Alliance for a Healthier Generation



Hand Shake Challenge - Part II

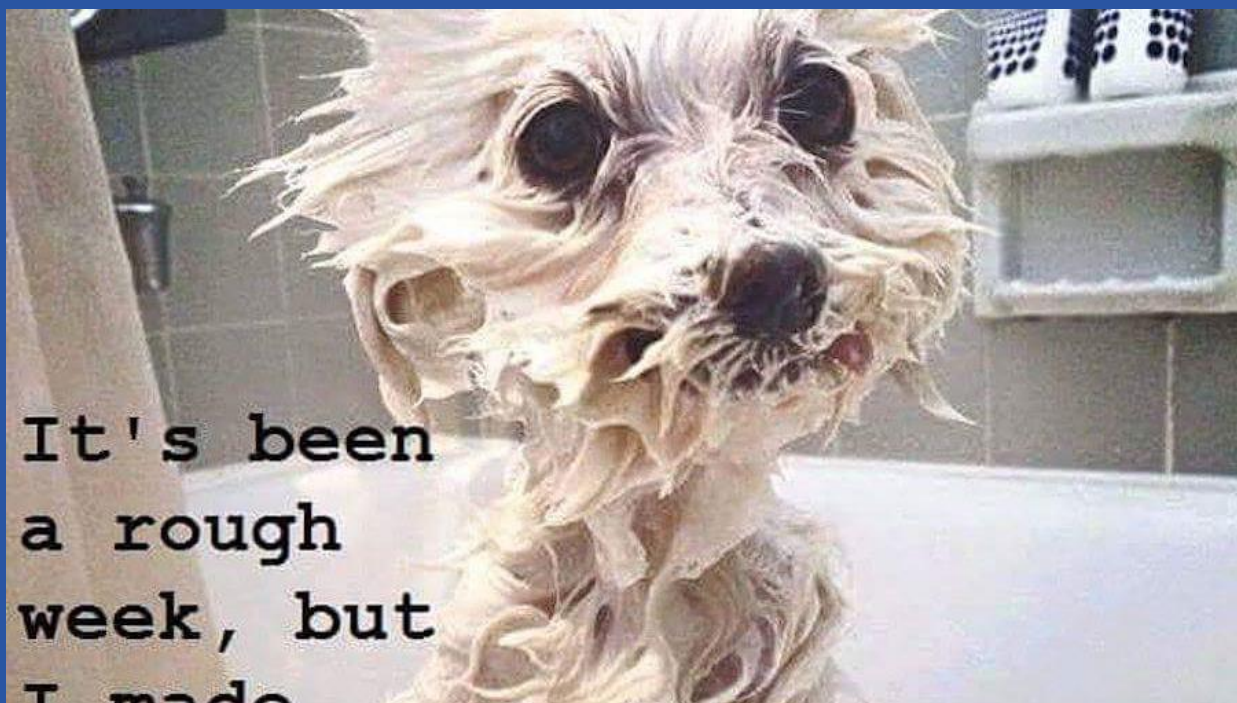
- Find a partner
- Right hand high five
- Left hand high five
- Right elbow touch
- Left elbow touch
- Right hip touch
- Left hip touch
- Right foot touch
- Left foot touch
- Right high five, swing arm, and slap hands by the hip
- Left high five, swing arm, and slap hands by the hip
- Repeat



Gotcha



1. Form a circle and start playing music
2. Put your arms out to the side with your left palm up and right index finger down
3. On “go” or when music stops:
 - Grab the person’s finger in your left hand
 - Prevent your right index finger from being grabbed
4. If your finger is grabbed, you are out; join others who are out in another circle and continue playing
5. Continue until there is one “winner” left or keep the game going as a fun competition with everyone involved



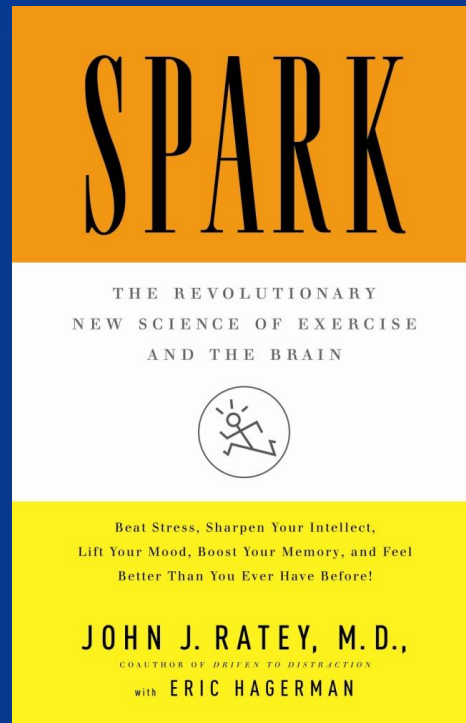
It's been
a rough
week, but
I made

Quiet the Crowd

- Stretching
- Yoga Poses
- Balancing
- Breathing Exercises



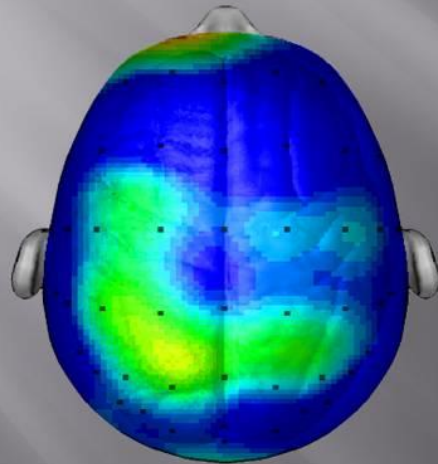
Exercise and the Brain



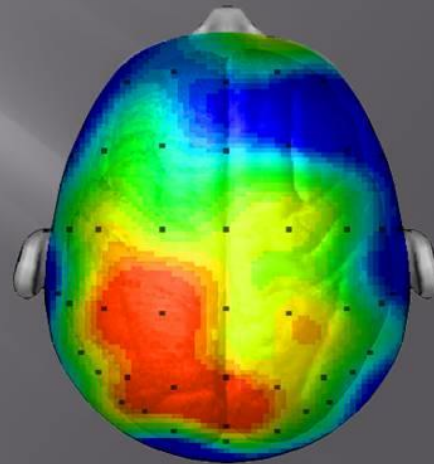
Active Kids Learn Better

Average composite of 20 students
brains taking the same test

BRAIN AFTER SITTING
QUIETLY



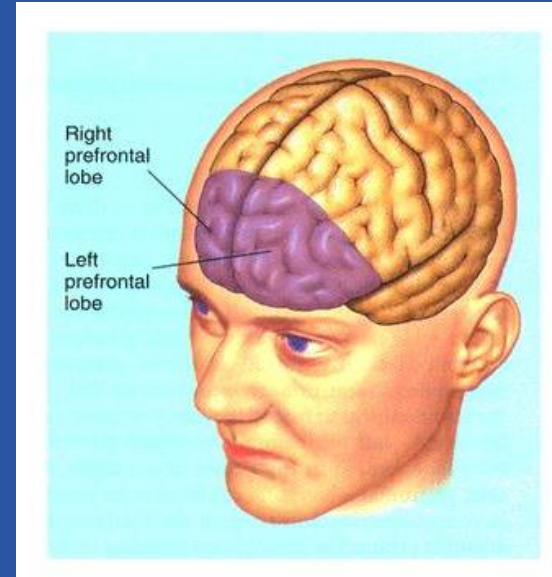
BRAIN AFTER 20 MINUTE
WALK



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

The Prefrontal Cortex's Role in Executive Function

- Exercise particularly affects our executive function, which controls:
 - Planning
 - Organization
 - Initiating or delaying a response
 - Evaluating consequences
 - Learning from mistakes
 - Maintaining focus
 - Working memory
- Dysfunction leads to disruption in the organization and control of behavior



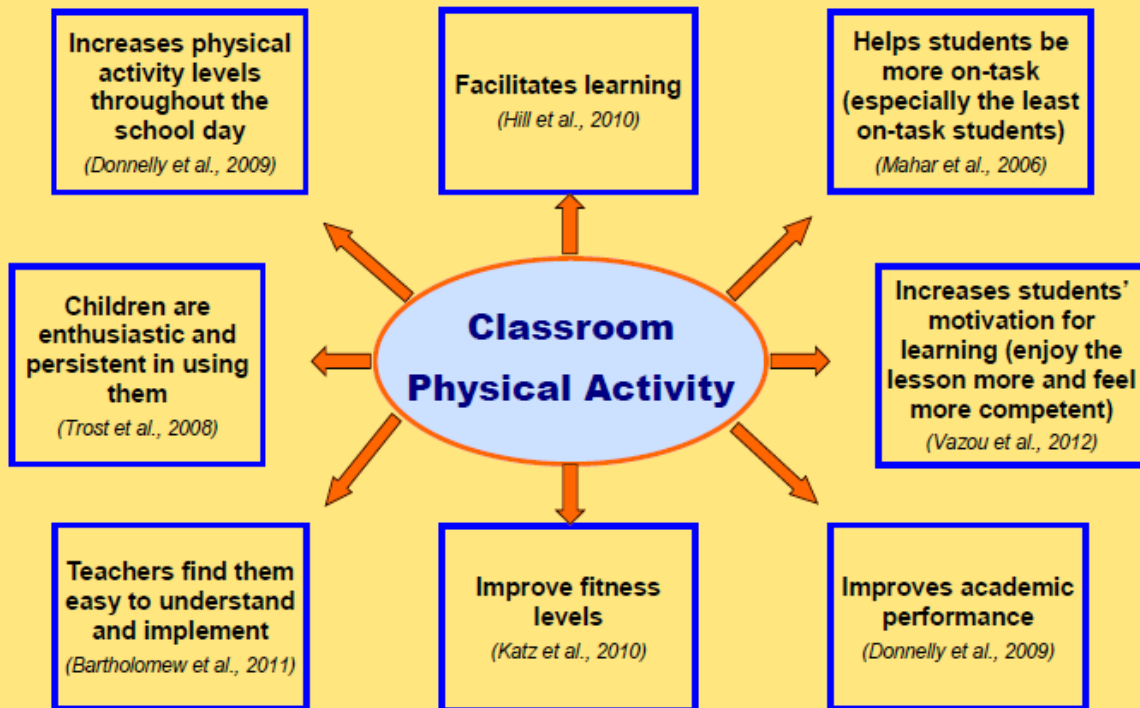
http://www.driesen.com/prefrontal_cortex.htm

How Exercise Prepares the Learner

- Improves impulse control
- Improves behavior
- Improve attention
- Improves arousal
- Lessens fatigue
- Improves motivation
- Helps mood and anxiety regulation
- Combats depression
- Improves self-esteem
- Reverses “learned helplessness”
- Combats toxic effects of stress hormones



Why include physical activities in the academic classroom?



24 Hour Fitness Center in CA



In the Moment




Chair Roller Coaster

Direct students to sit down and balance on their seats without the use of their hands or feet (engage core muscles). Teacher or student leader acts out the actions to simulate being on a roller coaster while students follow along:

- **Harness on** – Pull imaginary harness over shoulders
- **Climbing** – Hold on to imaginary harness and lean back
- **Turns** – Mix in a variety of “turns” by leaning arms to one side, then the other; start slow and get faster
- **Drop** – Both hands up and scream, shake arms
- **Repeat** – Turns, climbs, drops
- **Finish** – Lift harness off of shoulders
- **Exit** – Everyone stands up, grabs their belly and acts like they are sick

Alliance Fitness Break Cards

FITNESS BREAKS TIP-OFF




REVERSE Lunges

Facing forward, step one foot back about 18 to 24 inches. Immediately bend the knees and lower onto the front leg, allowing the back knee to come close to the ground. Keep the weight on the front heel and chest upright. Push back up with the back foot. *Return to the standing position.*

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FITNESS BREAKS SLAM DUNK



Jump SHOT

Pretend to hold the ball with one hand under the ball and the other on the side. Jump straight up. Release the ball before the top of your jump, forcing the ball up and forward with one hand. Follow through like you are reaching into a cookie jar on the top shelf.

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What Obstacles/Barriers Exist?

- Lack of time
- Not age appropriate
- Perceived as “not cool”
- Resistance
- Space limitations
- Lack of knowledge/ideas
- Difficulties with inclusivity

3 Categories of PA Breaks



**Simple
movement
breaks**

Technology

**Content and
movement**

Energizing Brain Breaks



<http://www.corwin.com/books/Book237344#tabview=title>

Fit Sticks

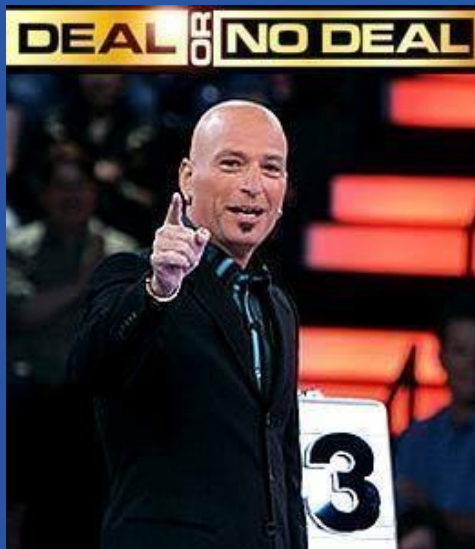
- Jump rope
- Hula hoop
- Hop
- Jump
- Paddle a kayak
- Shoot baskets
- Tennis serve
- Baseball swing
- Baseball pitch
- Squat
- Lunge



- Kick
- Half Jack
- Triceps stretch
- Biceps curls
- Punch
- Shoulder stretch
- Elbow to knee
- March
- Backstroke
- Breast stroke
- High Knees

Deal or No Deal

3-5 envelopes with exercise and repetitions



Teacher selects student to choose an envelope.

Student chooses, ask class – “Deal or No Deal?”

Deal – entire class performs activity

No Deal - student chooses card from envelope and all students perform new number of repetitions.

JAM Video Resource

JAM School Program

HOME

ABOUT JAM

DONATE

EXPERTS

PRESS

SIGNUP



Deskercise

Starring Rufus Dorsey

→ watch video



Barry's Boot Camp 101

Starring Martin George, Carmela Mondello, Matt Conrad

→ watch video



JAMmin' Texas Style with Big Rob, his sons & Kt

Starring Mavs Maniaacs BigRob, Kim Truman & BigRob's Sons



Videos



PDFs

<http://www.jamschoolprogram.com/jamresources>

Fit for a Healthier Generation Videos



GoNoodle

- 5-minute breaks
- Activities for every part of the day to help students:
 - ✓ Energize
 - ✓ Focus
 - ✓ Calming Activities
- Improve academic performance
- Free access



Eat Smart Move More: NC Energizers



- Home
- About Us
- News
- Success Stories
- NC's Plan
- Obesity Burden
- Key Behaviors
- Programs & Tools
- Contacts
- Media
- Funding
- Data
- The Evidence

Energizers for Middle School

Who is it for?

Classroom teachers. Can also be used by anyone wanting to add physical activity to a meeting.

How do you get it?

This resource can be downloaded on this page.

How is it used?

Energizers are used in classrooms to provide students an opportunity to be physically active.

Energizers are classroom based physical activities that help teachers integrate physical activity with academic concepts. These are short (about 10 minute) activities that classroom teachers can use to provide physical activity to children in accordance with the request from the North Carolina State Board of Education's Healthy Active Children Policy.

-  [Healthful Living Energizers](#)
-  [Language Arts Energizers](#)
-  [Math Energizers](#)
-  [Music Energizers](#)
-  [Science Energizers](#)
-  [Social Studies Energizers](#)

Active Academics®

Learning on the Move!

Search Activity Ideas!

Grade Level:

Select All ▾

Content Area:

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Workshops



Tips for using
Active Academics®

[click here](#)

Active Academics® is a resource for classroom teachers to provide practical physical activity ideas that can be integrated into regular classroom content areas. Get students "up and moving" while still engaged in the academic learning process. Our standards-based activity ideas utilize the Common Core Standards as well as national standards. We offer a variety of activities for PreK - 5th grade classrooms including:

- ✓ *Active lesson ideas to enhance the learning of content in math, reading / language arts, health, physical education, science and social studies.*
- ✓ *Classroom Energizers that are simple ideas to give students a "moving break" from classroom activities.*



Teacher Toolbox for Physical Activity Breaks in the Secondary Classroom

[Take a Break! Teacher Toolbox](#)

[Move More, Learn More Webinar](#)



“When students go for a mile run in gym, they are more prepared to learn in their other classes: their senses are heightened; their focus and mood are improved; they’re less fidgety and tense; and they feel more motivated”

Teacher Toolbox for Physical Activity Breaks in the Secondary Classroom Resources

Colorado Framework for School Behavioral Health

Colorado Framework for School Behavioral Health Download the complete School Behavioral Health

Math Hand Shake Challenge

Find a partner

Right hand high five

Left hand high five

Right hand fist bump (chest level)

Left hand fist bump (chest level)

Right hand low five

Left hand low five

Right foot toe touch

Left foot toe touch

Turn around (360)

Now repeat the sequence

- 1. Count by two on each touch. Once 32 is reached count by two back to zero.**
- 2. Count by three on each touch to 48 and back to zero.**
- 3. Count by four to 64, by five to 80, etc.**



Language Lights

Purpose of Activity: Students will recognize and understand various words from a lesson and do a corresponding physical activity.

Description: Assign different movement types to different types of letters or words and explain to the students. This lesson can be used to cover content from many subject areas. - See more at: <https://tinyurl.com/kzqu8kl>



Alliance Task Cards

21


TASK CARDS

MULTIPLICATION

- $5 \times 2 =$ Wall push-ups
- $8 \times 1 =$ Bear crawl
- $6 \times 4 =$ Marching in place
- $7 \times 4 =$ Chop down the tree
- $2 \times 9 =$ Walk the tight rope

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Healthy Schools Program

Physical Activity Resource Bundle

 Dashboard

 Assessment

 Celebration

 Tools & Resources

 Training Opportunities



Physical Activity Bundle

Healthy Schools Program

 Dashboard

 Assessment

 Celebration

 Tools & Resources

 Training Opportunities

Physical Activity

 [Physical Activity Break Cards for Students](#)

 [Spanish version](#)

 [How to start a School Walking Club](#) ular Snip

 [Spanish version](#)

 [Before, During & After School Physical Activity](#)

 [Indoor Recess Strategies](#)

Physical Education

 [Increasing MVPA in PE](#)

 [Sports Task Cards](#)

 [Quality PE for All](#)

 [MVPA 1: Spelling it Out](#)

 [MVPA II: Making it Happen](#)

 [MVPA III: Disguising Fitness](#)

 [Earn CU Credits through Professional Development](#)

Physical Activity Breaks

 [One-on-One with WNBA Star Jewell Loyd](#)

 [The Mirror Challenge with former NBA Players Jason and Jarron Collins](#)

 [Classroom Soccer Coach with LA Galaxy Star Ema Boateng](#)

“

What lies behind us and what lies
before us are tiny matters compared to
what lies within us.

Ralph Waldo Emerson

Activate Your Colleagues



@ericlarson_PE

@HealthierGen

Sample Tweet

@MoundsViewK12 *Working with great colleagues on strategies to successfully infuse physical activity into the classroom @HealthierGen @ericlarson_PE*

Training Evaluation

<https://tinyurl.com/yapour4f>





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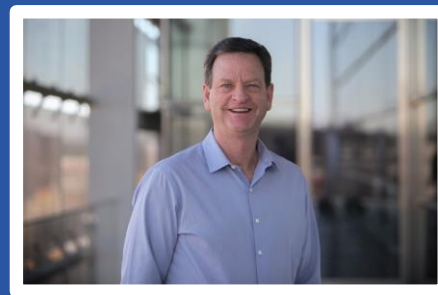


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The Alliance Training Center
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PE 4 U

Move to Learn
School Nutrition

Staff Wellness Works
Wellness Policy

