

# Move It

And You're a  
Winner!!



# NEWS FLASH

The best kept secret of

**RAISING TEST SCORES**

**Finally, there's an easy,  
inexpensive, time efficient  
program to help students**

- **Learn better**
- **Remember more**
- **Increase attention**
- **Reduce stress**

# Would you like to...

- See test scores improve significantly?
- Be the only school in your district with the biggest and the best brains?
- Have happy, healthy students increase cognitive performance and learn at optimal levels?
- Reduce office referrals for behavior by 63%? Insure a positive school climate?
- See quick change with lasting benefits with little increase in funds? Positive results seen in as soon as 30 minutes and as quickly as 6-10 weeks, but best results were seen with continual use?
- All of this with NO detrimental side effects whatsoever!!



**Expected results  
of this amazing  
program include:**

- **Efficient Brain Function**
- **Improved Cognition**
- **Increased Memory Retrieval**
- **Improved Academic Performance**
- **Regulated Mood/Behavior**
- **Improved Adaptation to Emotional/Stress**
- **Improved Social Skills**

# AMAZING!!

- What program can possibly be so effective?
- And why hasn't someone told us this before?

**So WHAT is  
this amazing  
program?**

Is it a new  
**WONDER  
DRUG???**

This program  
may already  
be in your  
school now!



**This amazing program is referred to by different names:**

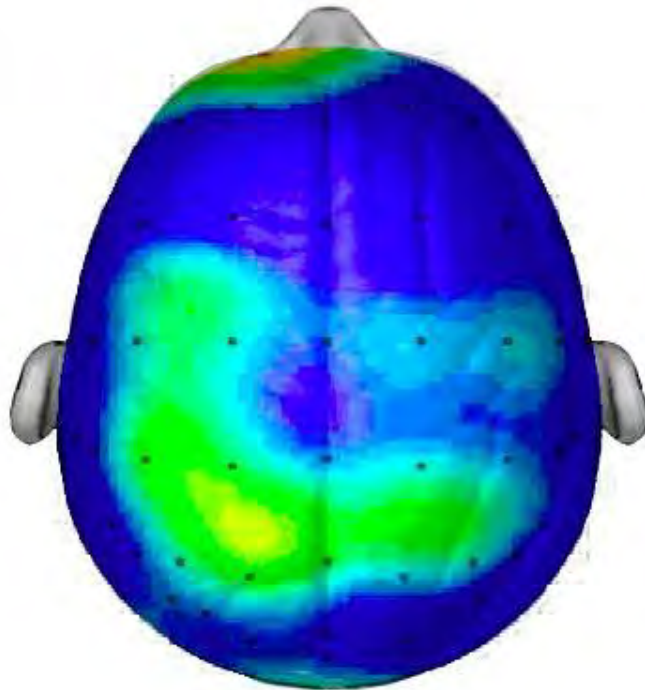
- **Exercise**
- **Fitness**
- **Wellness**
- **Physical Activity**
- **Movement**

# **Are you surprised?**

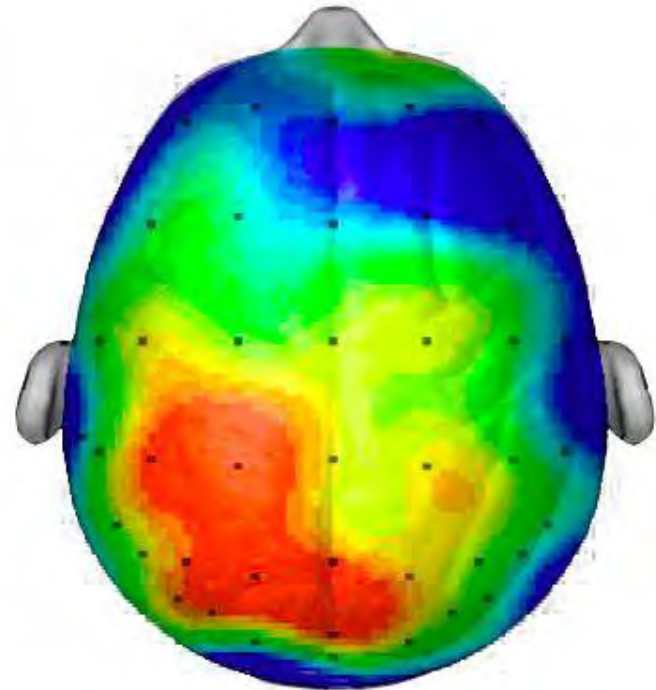
When we exercise we  
improve the brain's ability  
to learn...

**HEALTHY, ACTIVE KIDS  
MAKE BETTER  
LEARNERS!!!**

# Composite of 20 student brains taking the same test



After sitting quietly



After 20 minute walk





# Activity – Names & Adjectives

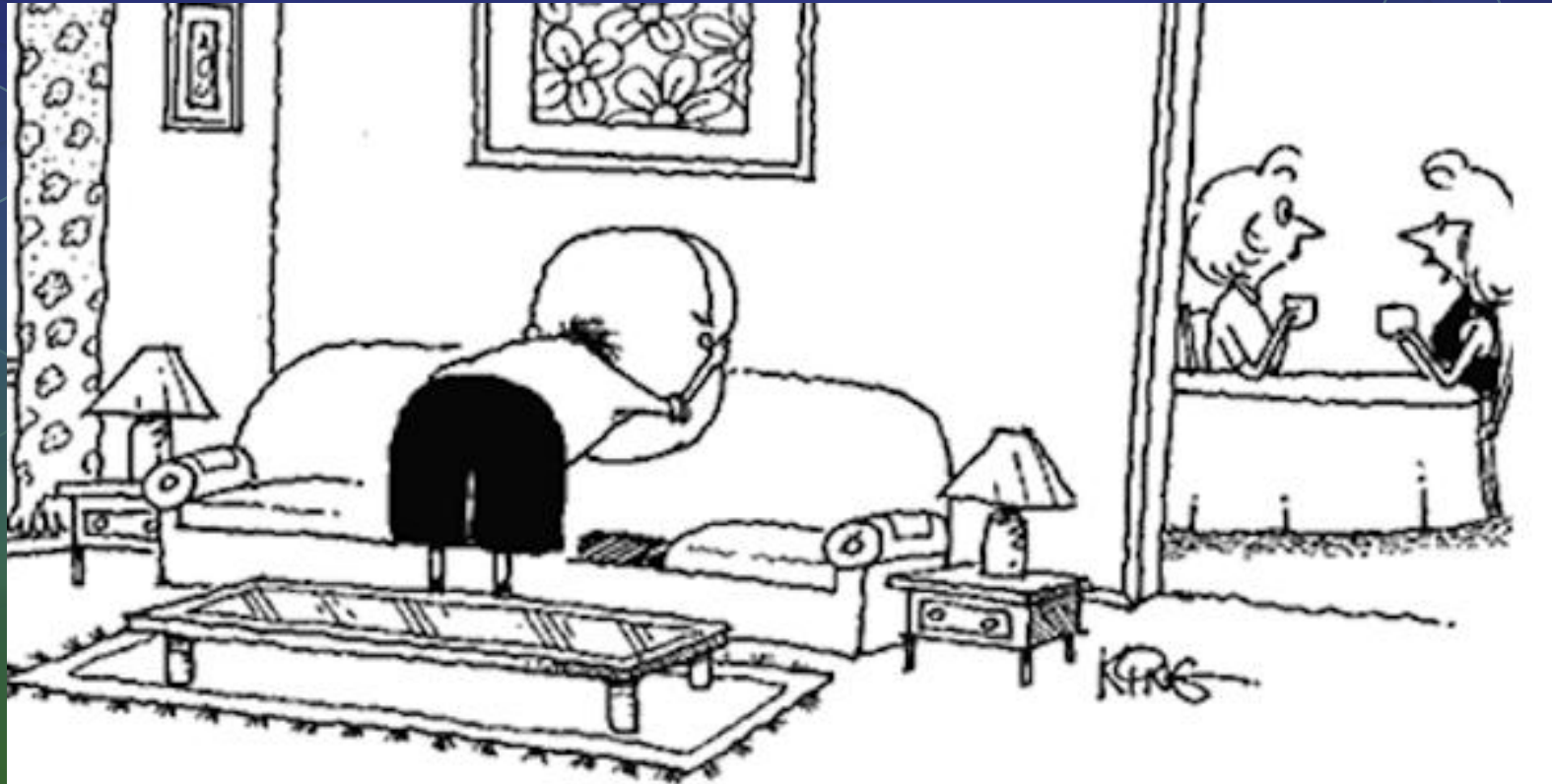
- Come up with adjective to describe you that starts with your first initial
- Stand & introduce yourself
- I'm Marilyn and I'm MARVELOUS

(From 100 Ways to energise groups)



**USDA has  
encouraged activity  
for a long time!**

# So have doctors!



The doctor said he needed more activity. So I hide his T.V. remote three times a week.



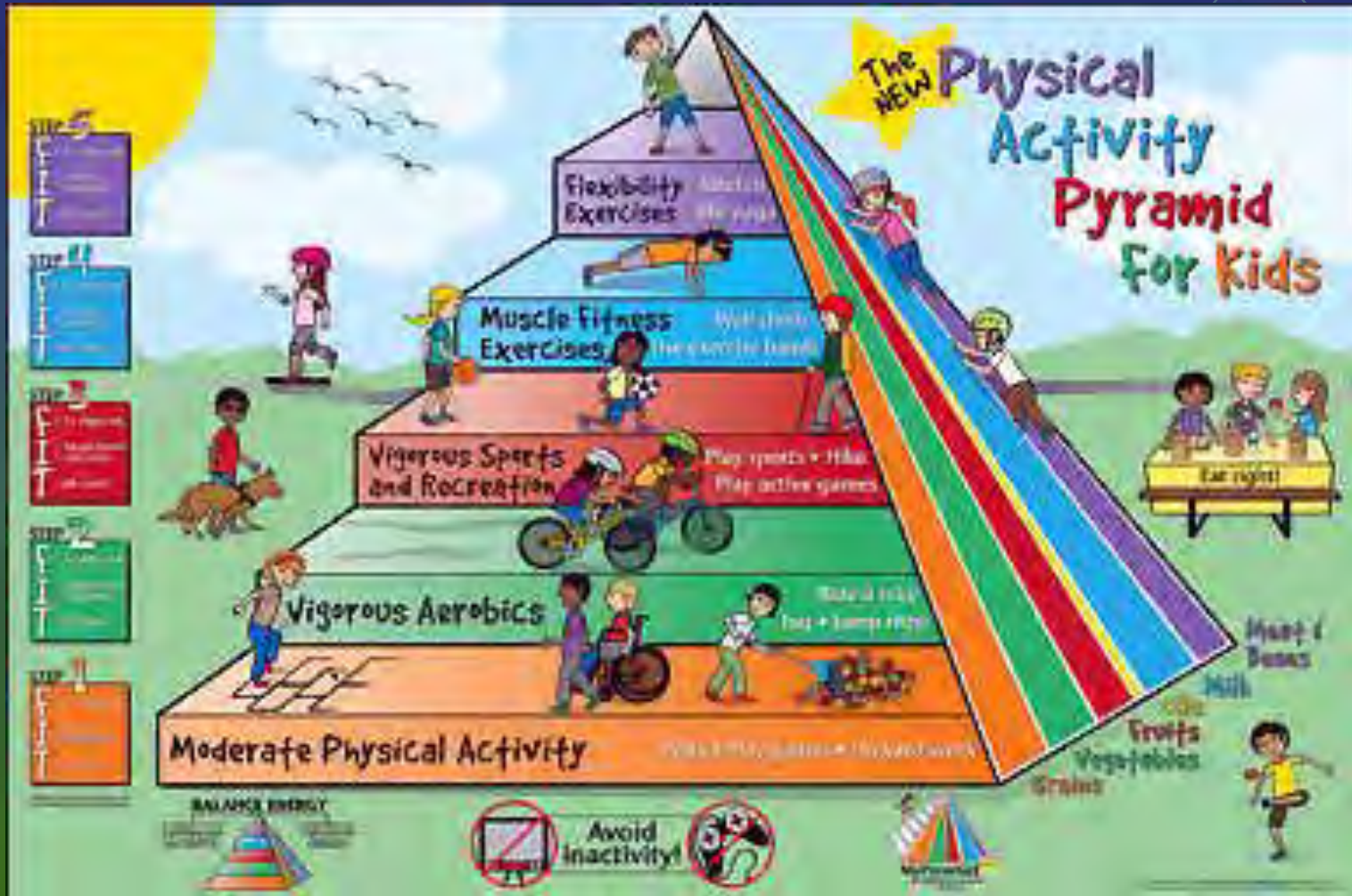
"It's the only way he will exercise!"



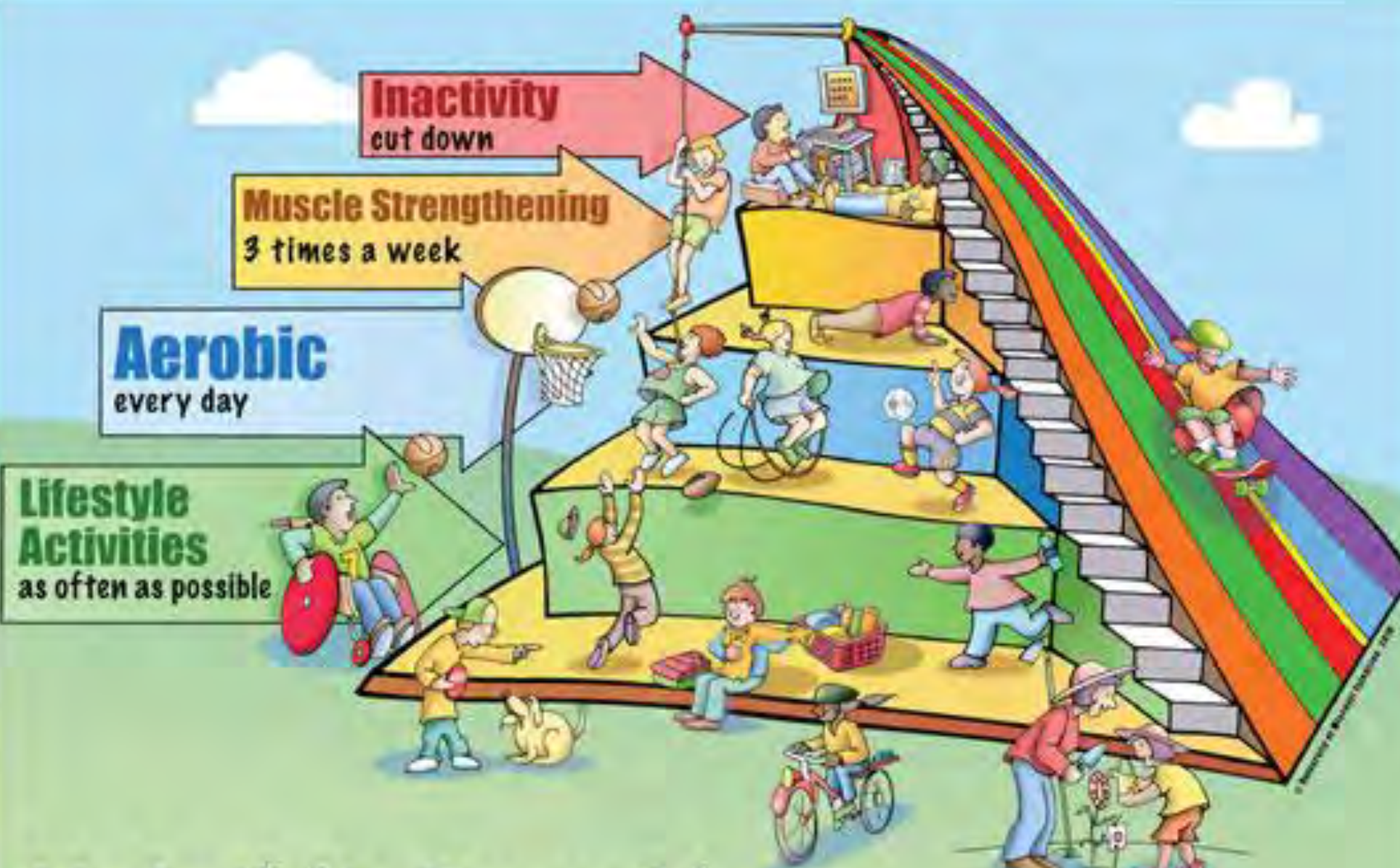
# USDA - MyPyramid



# Activity Pyramid







# MyActivity Pyramid

Be physically active at least 60 minutes, up to several hours every day.



# The Kid's Activity Pyramid

**Be active everyday!**

## Group Play

Activities where you play and learn skills with others. Join a team, pick a club or go to a class.

- Dodge ball
- Gymnastics
- Ice skating lessons

## Free Play

Activities you can do by yourself or with a friend anytime!

- Build a fort
- Four-square
- In-line skating

## Limit



**Have fun by trying different activities.**

## Family Play

Families who play together, stay healthy together. What will your family do?

- + Take a walk
- + Turn off the TV one day a week
- + Play at the park

## Free Play

Skateboarding  
Sledding  
Fly a kite  
Water fights  
Hide-n-seek  
Jump rope  
Tag

## Group Play

Dance lessons  
Kickball  
Karate  
Soccer  
Baseball  
Capture the flag

## Family Play

Play catch or frisbee  
Bike rides  
Nature hikes  
Swimming  
Scavenger hunts  
Explore different playgrounds

## Choose to Move

Help with chores  
Take the stairs  
Play with your pet  
Be active at recess

Dance to music  
Play active games or videos  
Chase bugs, frogs and butterflies



the  
**Activity Pyramid**





# My Activity CHALLENGE!

For every 15 minutes of physical activity,  
mark off one piece of pie. Your goal is to get  
60 minutes of activity each day—at least six days a week.

Create your own activities too!

**PARENTS:** Help your children make activity a lifetime habit—set an example! Teach your kids a game you used to play, schedule play evenings, set up an obstacle course. Keep the family **MOVING!**

# Activity – What We Have In Common

- Call out a characteristic
- People with that move to designated area

- Teacher
- Nurse
- Likes football
- Has a cat
- Is ready for Christmas
- Loves children

(From 100 Ways to energise groups)



# Ways to Get Our Kids Moving

- Physical Education classes
- Recess
- Before School Activities
- After School Activities
- During School (classes)
- At home

# Activity – Zero In

- One person turns back
- Write number on board
- Everyone march in place
- Person tries to guess number
- Class jumps if guess is too high
- Class squats if too low

# Physical Education Classes

- State Requirement
- Certified Physical Education teachers
- Grade Level Expectations

# Programs to Help PE Classes

- HOP Sports
- JAM School Program





# RECESS



# Research shows that when children have recess, they gain the following benefits:

- Are less fidgety and more on task
- Have improved memory and more focused attention
- Develop more brain connections
- Learn negotiation skills
- Exercise leadership, teach games, take turns, and learn to resolve conflicts
- Are more physically active before and after school (Scholastic)

# Recess - Structured

- Recess Coaches?
  - Some people protest . . . .
    - “I just can’t imagine going through the entire day without a break, whether you’re an adult or a child,”
    - “You still have to pay attention.”  
“You still have to follow rules. You don’t have that time for your brain to relax.”

# Activity – Find Someone Wearing

- Move around the room
- Leader calls out 'Find someone wearing . . .'
- Everyone must stand close to person wearing that item



# Playworks

Structured  
Recess

- <http://www.playworks.org/>
- **Organized Games**
  - **Set Rules**
  - **Adults play along**



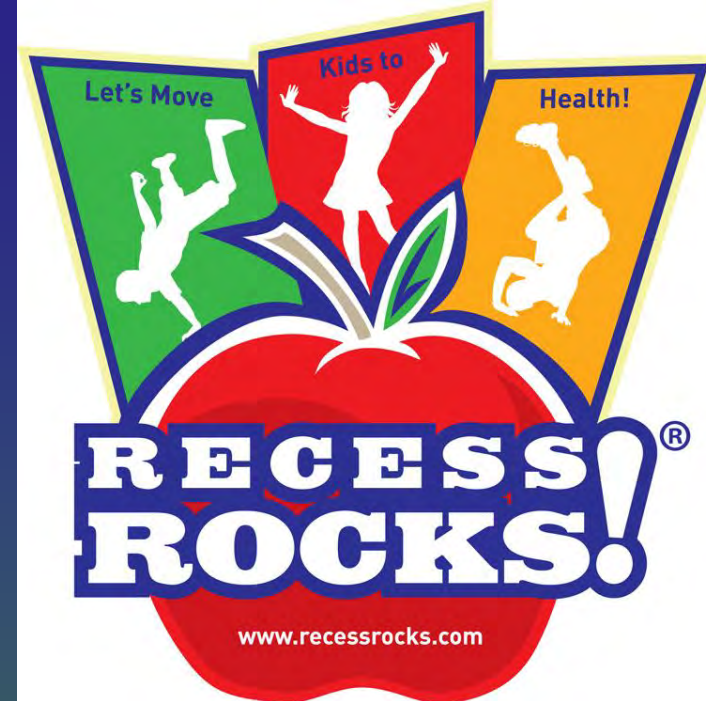
Hula Hoop 4 Square



# Recess Rocks™

- Lesson Plan Tie-Ins
- Embrace multiple intelligences and active kinesthetic learning.
  - • Enhance a special class or reinforce a previously taught lesson with movement.
  - • Customized, choreographed program interprets lesson plan with non-stop movement tailored to meet teacher's lesson plan objective.
- • With or without music.
- • Non-competitive. Everyone gets to do it their own way!
- • Recess Rocks™ movement instructor leads program.
- • Teachers can participate, learn the techniques and incorporate movement into daily routines.

# Recess Rocks



- Active Classroom
- Lesson Plan Tie-ins
- 30 Minute Classes
- First Grade Tie-in Class: Alphabet, Punctuation and Sounds
- Third Grade Tie-in Class: Estimating, Measuring and Analyzing
- Fifth Grade Tie-in Class: Cycle and Phases of the Earth and Its Moon



# Activity - Playing Cards

(From Recess  
Rocks)

## Hit the deck

- Use a deck of cards to move:
  - Each number represents a movement; teacher writes key on board
  - Teacher or student chooses card and class moves according to key

Card	# Times	Move
2	2	Spins
3	3	Crossover elbow to knee
4	4	Windmill arms
5	5	Eye circles
6	6	High knee jog and tap hand to knee
7	7	Arm circles in front
8	8	Left leg circles
9	9	Right leg circles
10	10	Wrist circles
Jack	11	Head circles
Queen	12	Back strokes
King	13	Head slides
Ace	14	Hopping scissor legs
Joker	15	Student choice!



Create fun,  
silent energy  
outlet on  
the move!

Make your class unique (and quiet!) and help students enhance their focus, concentration, intelligence and health when you add simple brain teasers and challenges as they walk to and from class:

- Count steps to self.
- Recite alphabet with "ASL" hands.
- Walk and inhale breath to bring chest up and exhale to collapse chest to odd/even step beat.

- Say "I don't know" with shoulders.
- Roll arms and wrists overhead.
- Put fingers overhead and write name in print or cursive.

- Use hands and fingers to: raise the roof, disco roll, lasso, tickle space, wind shield wipers, drive/honk horn, stop sign hands (when stop), line wave, draw a picture, practice writing spelling words.

- Big steps.
- Tiny steps.
- Creative walks.

- Jump rope.
- Swim and make fish faces.

- Conga line.
- Follow the leader.
- Change the leader: every ten steps "leader" goes to back of line.

- Butterfly arms.
- Soaring eagle arms.
- Signature "move of the day".
- Allow line leader to choose hallway moves.

In  
Line



# Recess

- **Peaceful Playgrounds**

- “Games are more evenly spaced around the schoolyard, so are the children. Thus, there are fewer opportunities for bumps and bruises.”
- Conflicts settled by Rock, Paper, Scissors
- **<http://www.peacefulplaygrounds.com/>**



# Example







# Activity - Spelling

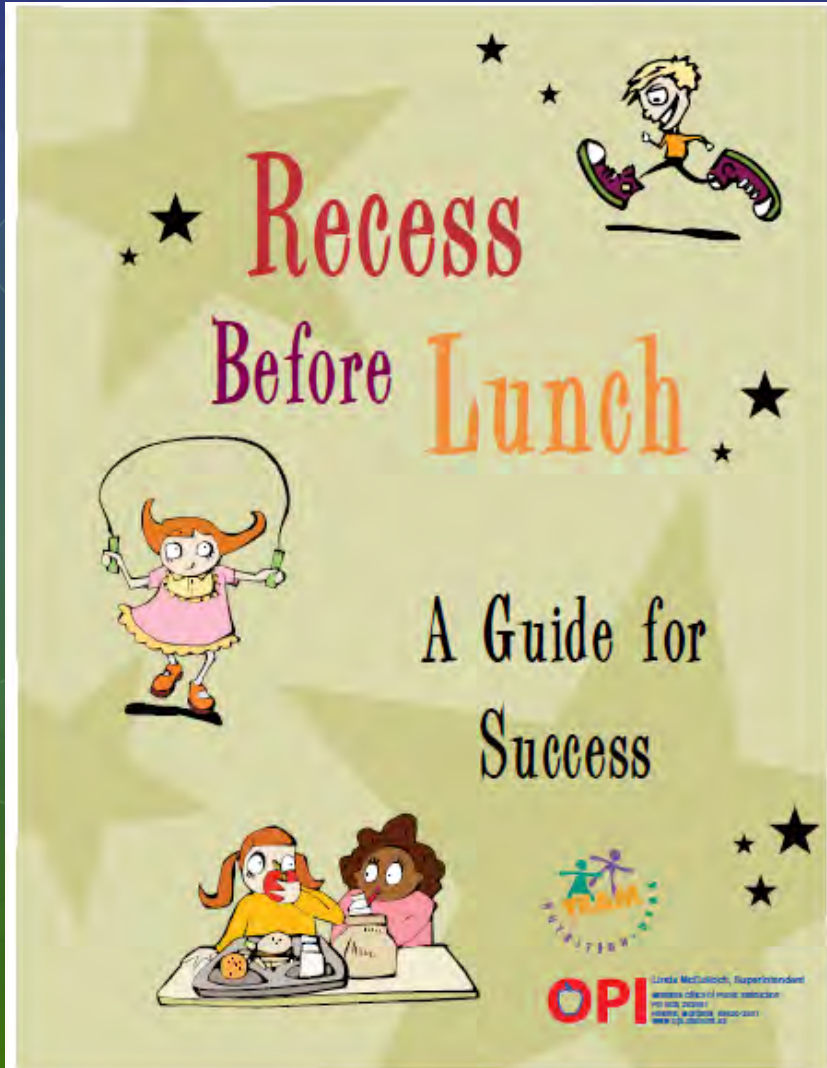
- March in place
- Stop and write in the air
  - Dominant hand
  - Non-dominant hand
  - Both hands



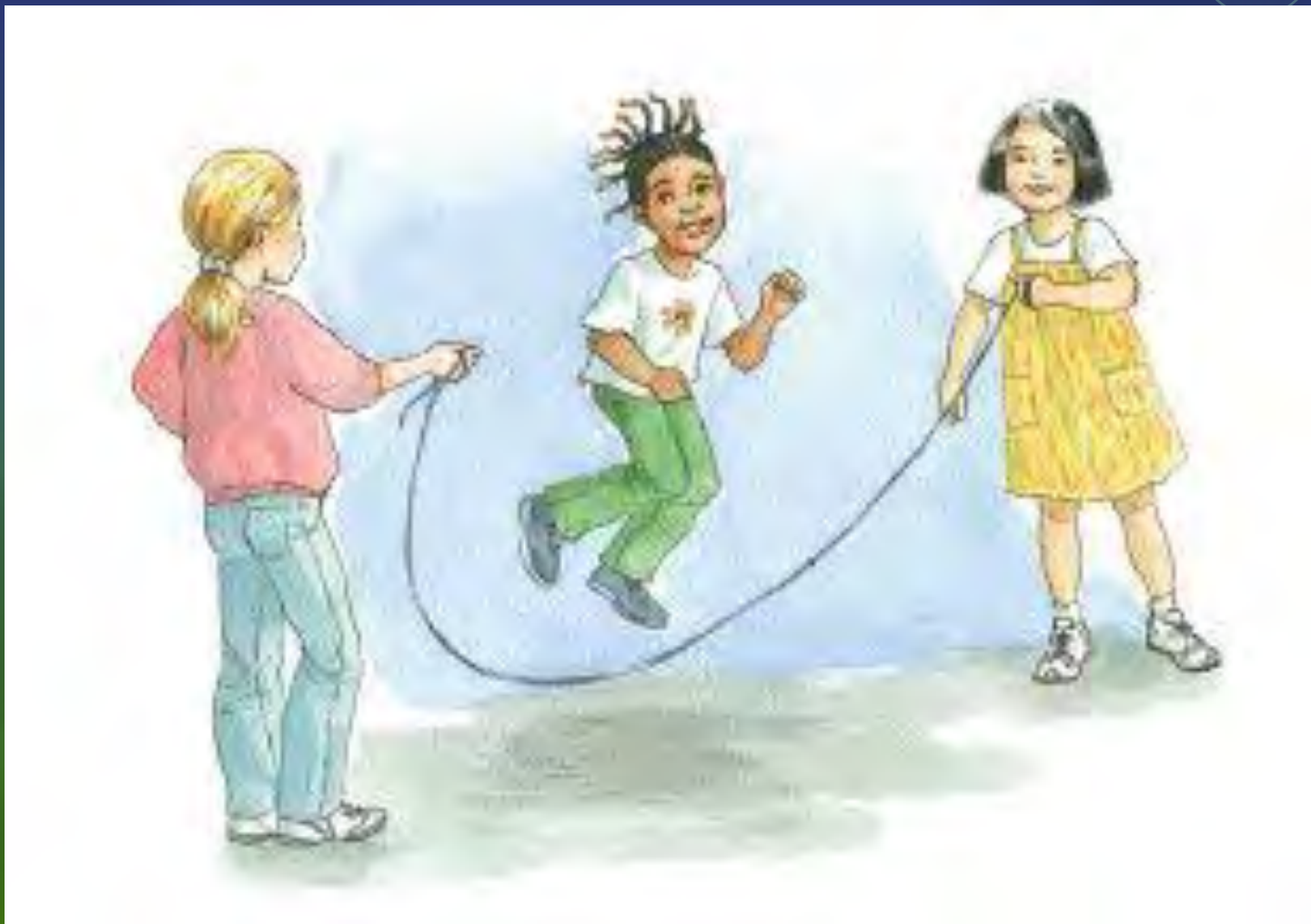
# Recess Before Lunch

**Kids Play and then Eat!**

<http://www.opi.mt.gov/Pdf/SchoolFood/RBL/RBLGuide2008.pdf> (Montana)



# AFTER SCHOOL



# Fitkids.org



- Mission - promote a healthy active lifestyle
- High quality youth fitness programs and nutrition tips.
- Inspire an early love of sports and fitness that will serve as the foundation for a healthy way of life.
- Science based curriculum and dedicated coaches,
- Help children build positive relationships, self-confidence, independence and the ability to deal with adversity
- Only in California now



# Spark

- <http://www.sparkpe.org/>

Supports **Let's Move! Active Schools**

Physical Education

Classroom

Home

# SPARK

- Purchased program (\$199-\$399)
- “The SPARK program is the best I've worked with in twenty years of teaching. The lessons are clear, easy to follow, and require very little prep time. Each skill is laid out step by step so they build on one another.”
  - *Kathy Dunlay - 4th grade teacher  
Turtleback Elementary School - San Diego, CA*
- “This is the only program I've seen that can help students be successful with PE activities- everyone can enjoy it no matter what their level of coordination or bodily condition!”
  - *Jill Seaman - Not Provided  
San Diego County Office of Ed. - Campo, CA*

# **Activity** – Name The Group

- One student names a food
- Students do actions to match the food group it belongs to

**Grains: March**

**Milk: Toes**

**Veggies: Side step**

**Protein: Flap**

**Fruits: Rock**

(From Fit Bits)



Sponsored by:  
Discovery Education  
SHAPE America

**Enrichment Zone!**  
Fitness Friends & Fun



- <http://www.togethercounts.com/at-home/enrichment-zone>
- **Energy Balance 101: Enrichment Zone** was created to be used by non-profit organizations and within their existing curriculum, afterschool programming, community programs or with volunteers.
- It **incorporates and reinforces key Energy Balance (EB) 101** concepts, promotes physical activity and inspires kids to be mindful of their daily energy balance for life.



- The activities
  - fun, playful and motivational
  - age-appropriate and inclusive of all skill levels and abilities
  - suitable for a range of indoor/outdoor facilities and resources
  - educational and nutrition- or fitness-oriented
  - Casual - encourage free-form outdoor play and fun games that incorporate physical activity and can be easily replicated at home.

# Lights On After School



- Afterschool Alliance
- <http://www.afterschoolalliance.org/>

The 15<sup>th</sup> annual  
**LIGHTS ON AFTERSCHOOL**  
2014





# Activity – Slap Count Letters

- Partners
- Each thinks of a word (organs)
- Each spells their word as they **take turns slapping the other's hand**
- Alternate crossing over to slap
- Say 1 letter, then 2, then 3, etc.

The background features a vertical gradient from dark blue at the top to bright green at the bottom. Scattered throughout are several white circles of varying sizes, some overlapping, creating a decorative pattern.

**DURING THE DAY**



# KidFit Academy

- <http://www.kidfitacademy.com/>
- 10 minute bursts of movement at strategic moments in the day and focusing on skills development, KidFit helps teachers educate the whole child—mind, body and character
- **Morning energizer**
  - Allows teachers to do activities with students





- The JAM School Program is a free resource for schools that brings physical activity and health education to the classroom.
- JAM offers a one-minute classroom energizer called JAMmin' Minute
- Athlete-featured 5-minute routine called JAM Blast
- Monthly Health-E-tips newsletter.

# JAM Program

- <http://www.healthetips.com/jam-program.php>
- Encourage schools to send in their own jammin' minutes





# Activity – People to People

- Partners
- Leader calls out actions
- Students do them

## *Examples:*

Head to head

Knee to knee

Elbow to elbow

Knee to elbow

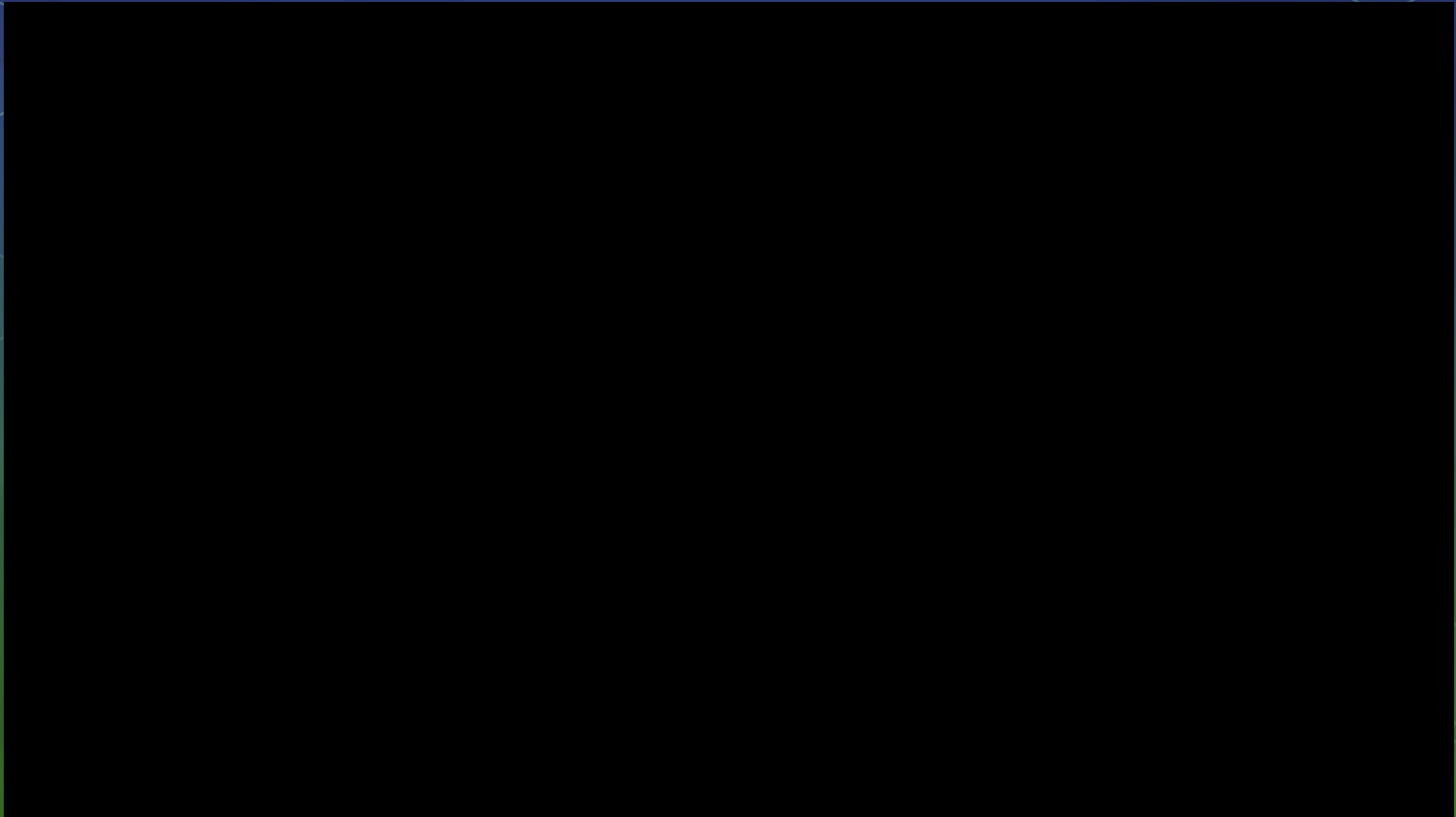
Toe to knee

Hip to elbow



- <http://www.fueluptoplay60.com/>
- School wellness program
- National Dairy Council, Midwest Dairy Council and the National Football League, in collaboration with the United States Department of Agriculture
- Encourages our youth to choose nutrient-rich foods first and get out and play at least 60 minutes each day.

# Fuel Up to Play 60





# ESL KidStuff

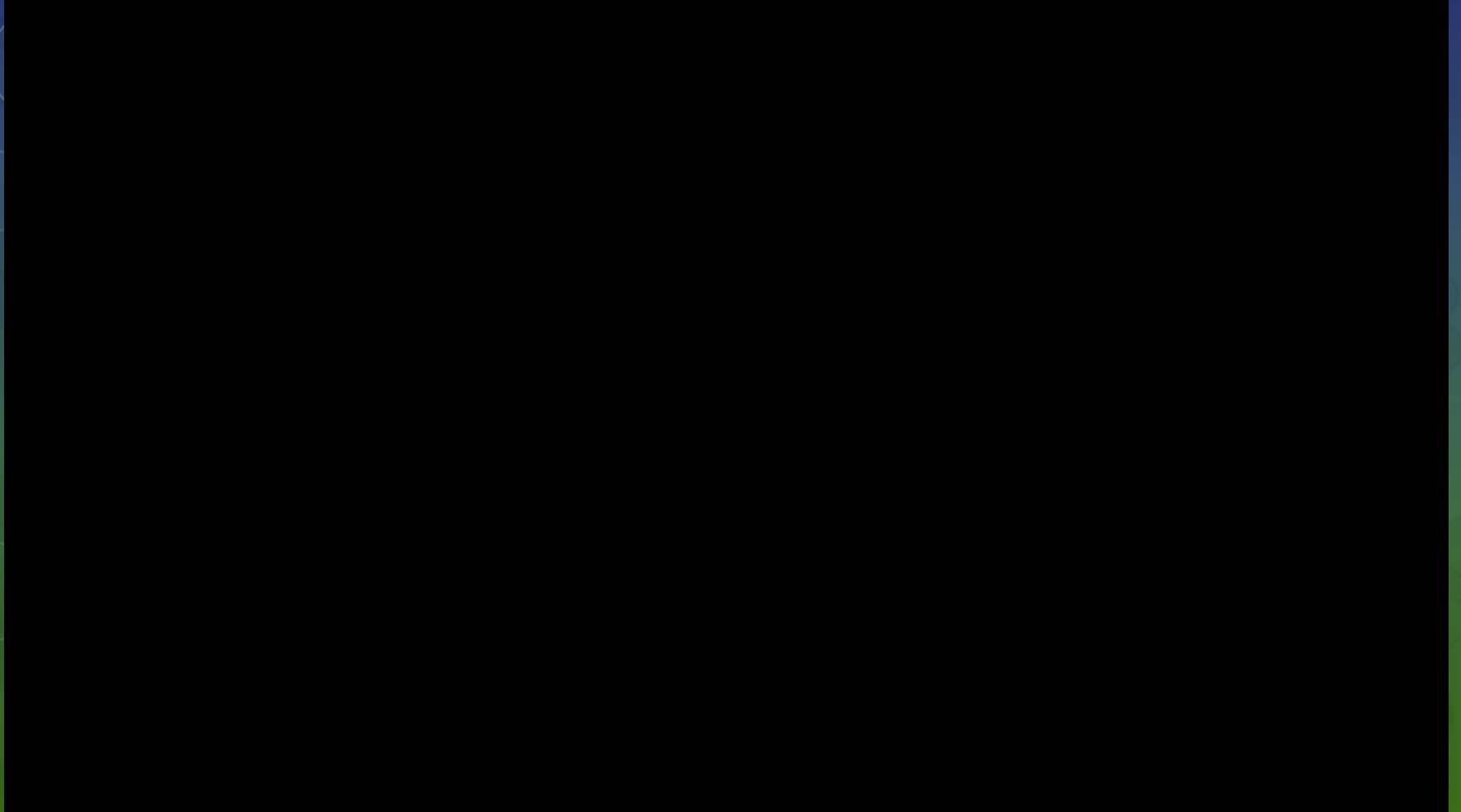


- <http://www.eslkidstuff.com/Gamescontents.htm#.VHZ7r4vF8sw>
- Activities to teach to non-English speaking students
  - Fun for everyone!

# EYP Academy Energisers

- [http://eyp.org/EYPIInfo/GuidesMaterials/Guides/Energisers\\_2011.pdf](http://eyp.org/EYPIInfo/GuidesMaterials/Guides/Energisers_2011.pdf)
- Designed for adults – but many will work with any age

# Anytime Dance Routines

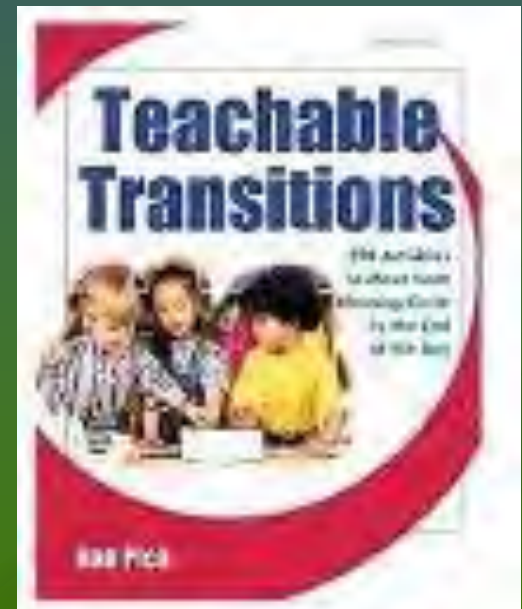
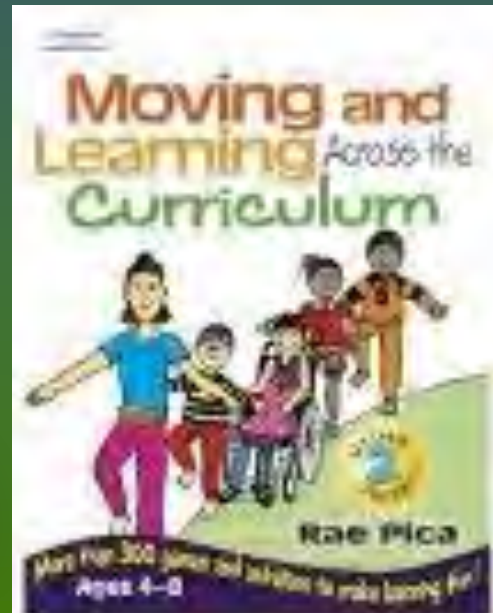
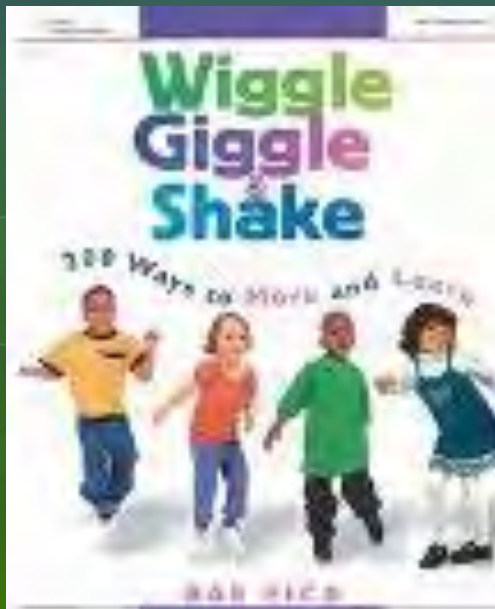
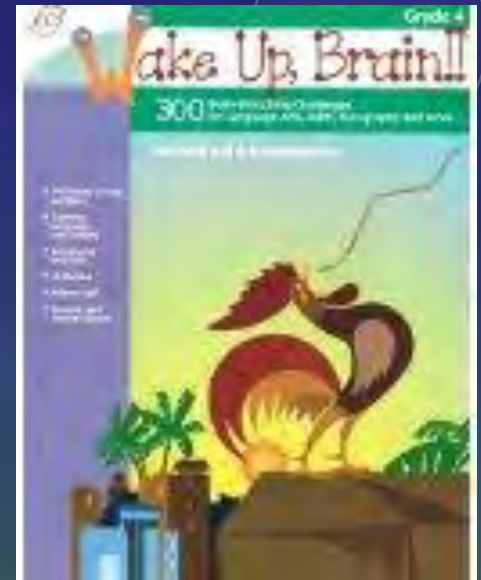




# Activity – Mirror Image

- Partners
- One person strikes a pose
- Other 'mirrors' that
- After several poses, change places

# Books





<http://www.take10.net/>

- TAKE 10!® was designed to integrate grade-specific academic learning objectives with age-appropriate physical activity.



- <http://www.eatsmartmovement.org/Elementary.html>

## Classroom Energizers

- [http://www.mansfieldtickets.com/files/all/energizers\\_for\\_the\\_classroom.pdf](http://www.mansfieldtickets.com/files/all/energizers_for_the_classroom.pdf)



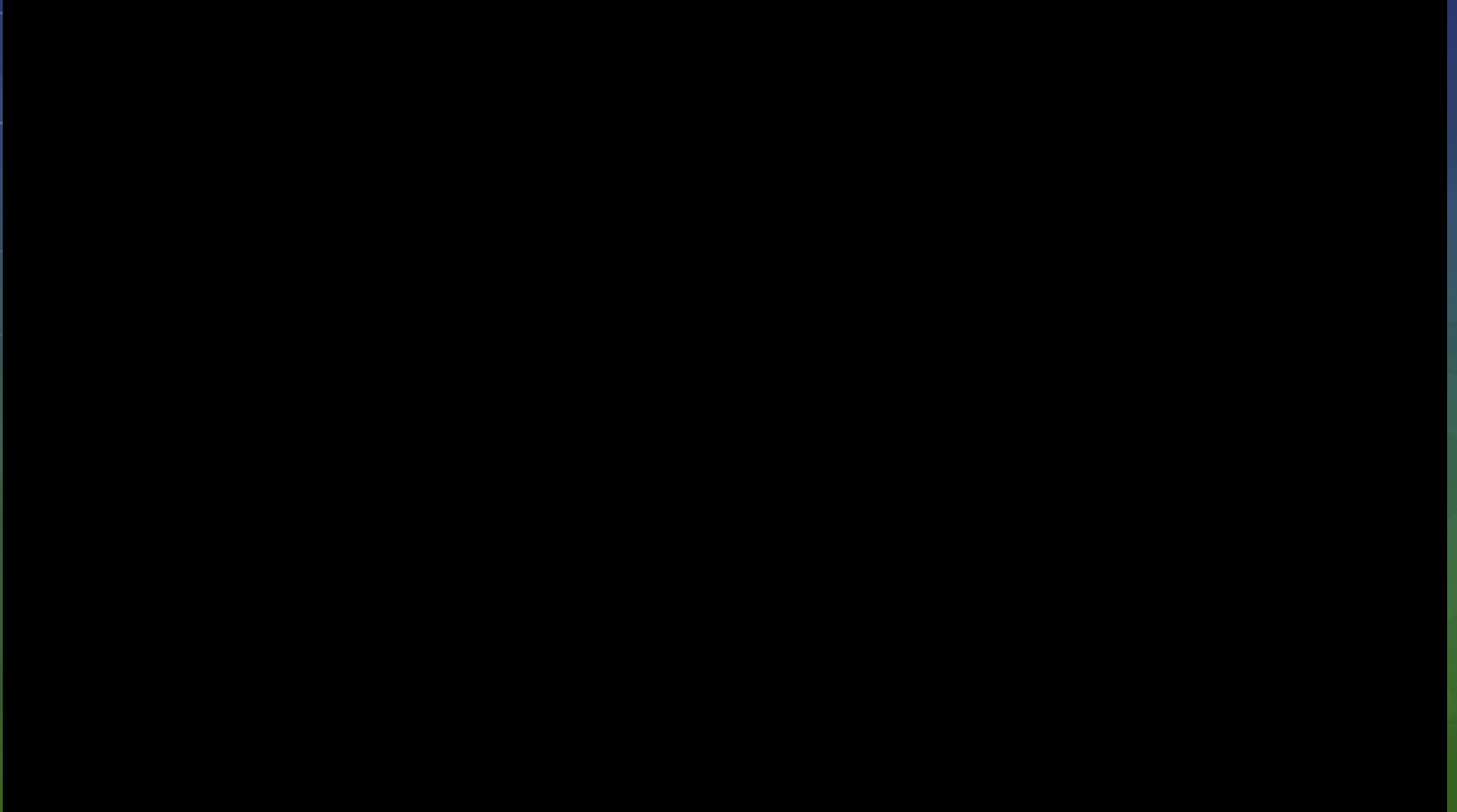
# **Activity** – Most Popular

- Name different vegetables
- Students stand up when they like the veggie
- Sit if they don't like or have never tried
- Could graph the numbers



- HOPSports - award-winning educational media network, content library, and production company.
- Over 300 lessons
- Taught by Olympians, sport celebrities, dancers, recognized trainers and professionals
- Utilizes technology to revitalize the learning experience

# HOPSports



# HOPSports Brain Breaks

- <http://www.hopsports.com/content.php?pgID=289>
  - 2-5 minute physical activities combining health & nutrition education
  - Video display is designed to engage all ages and learning styles
  - Brain Breaks utilize existing classroom technology, & is customizable
  - Teachers may build their own playlist

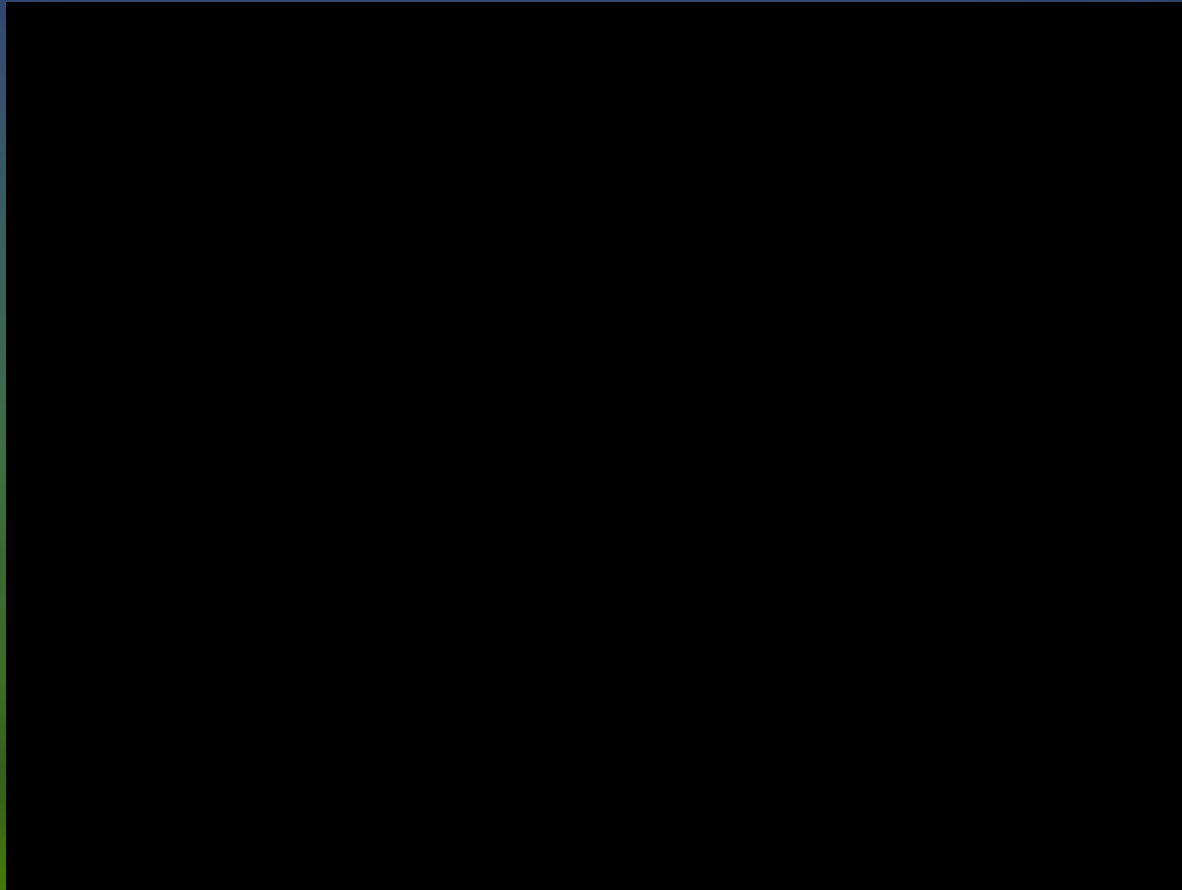


# Example: Create Your Own



# Responsive Classroom

- <https://www.responsiveclassroom.org>
- Susan Roser (YouTube videos)



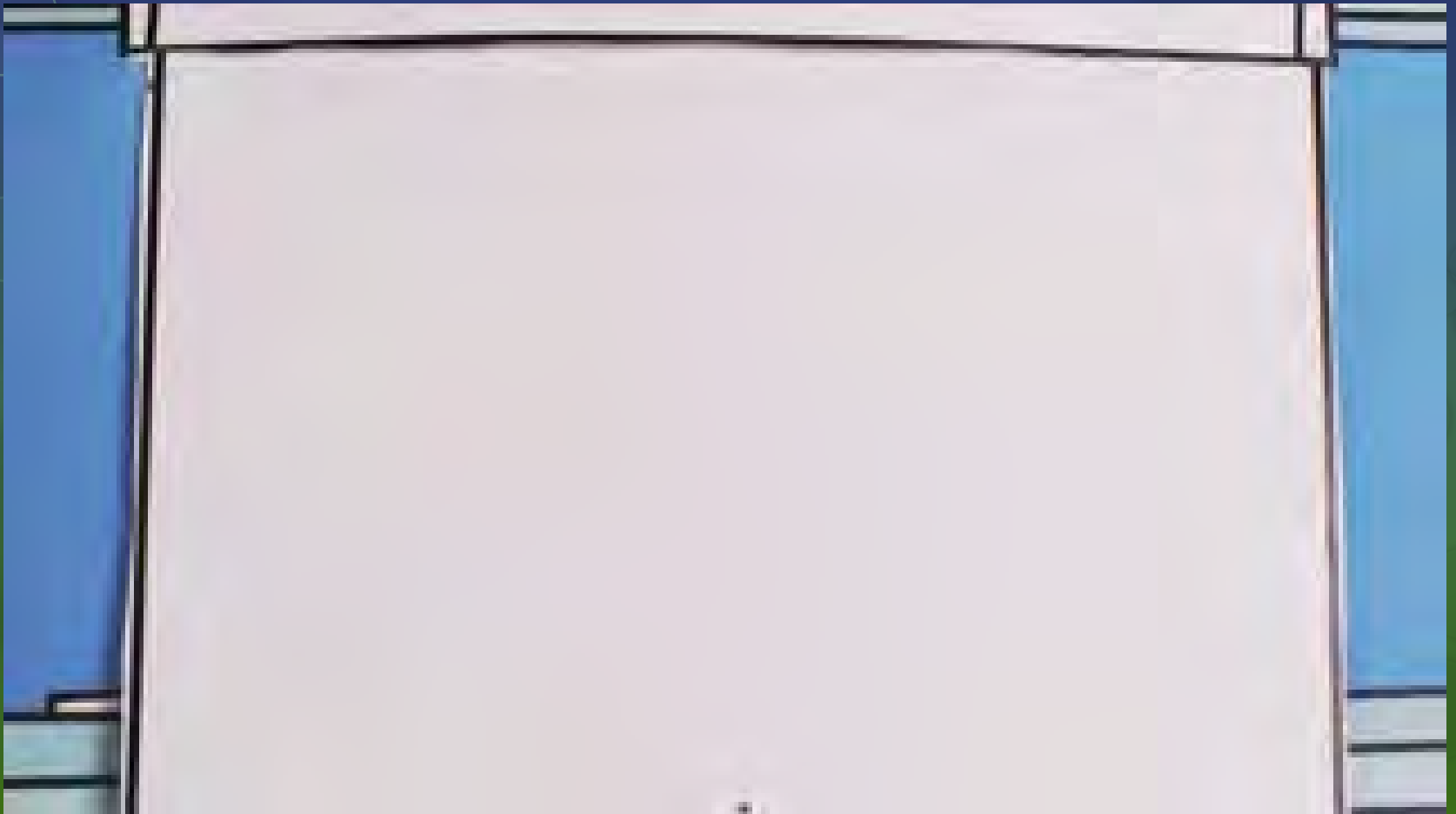


“This is such a fun, interactive way to get the kids moving... best of all it can take as little time as you need!”

*-Jennifer P., 4th grade teacher*

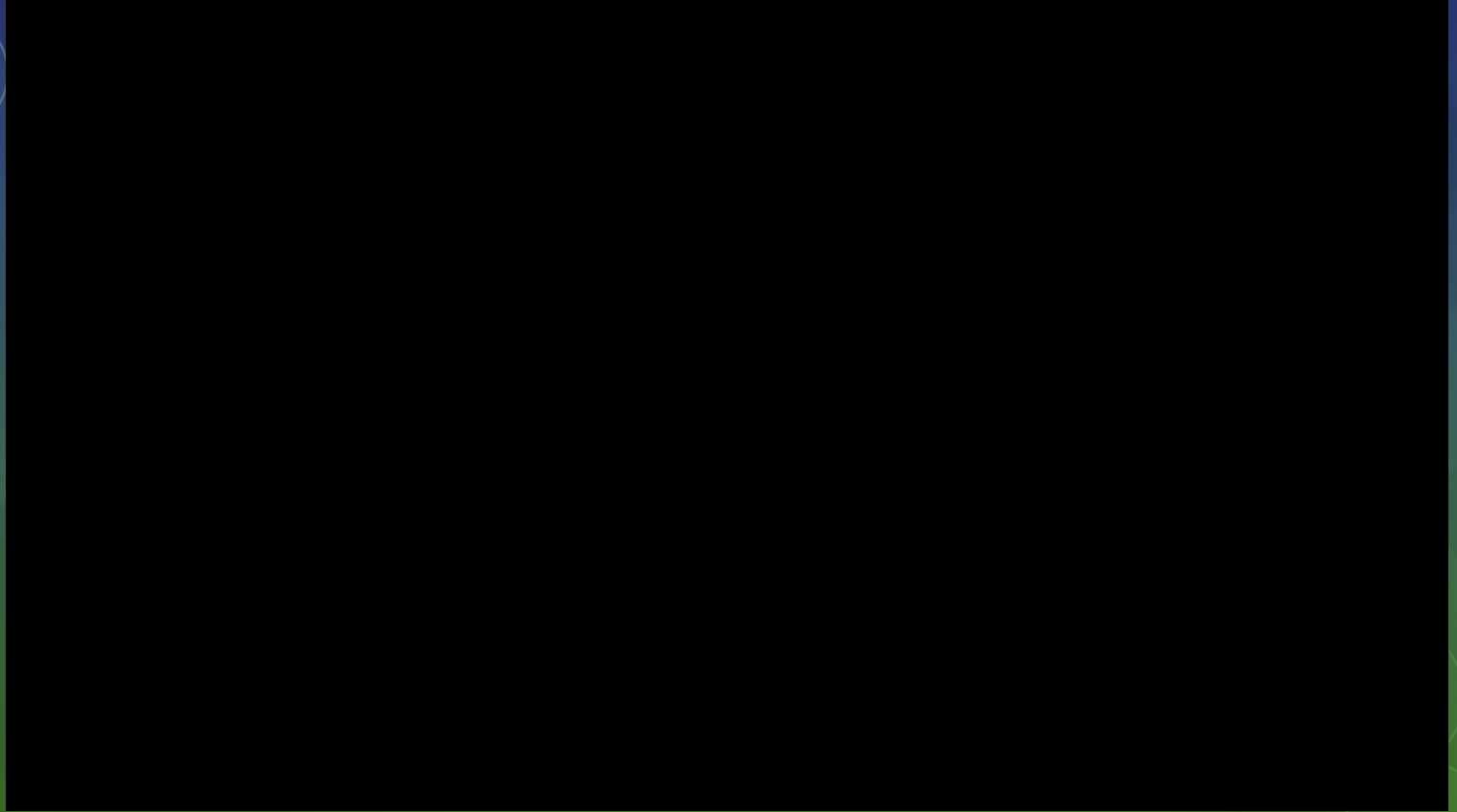
# Go Noodle -

<https://www.gonoodle.com>





# Go Noodle



# **Activity – California** **Dreamin'**

- Lead class on virtual tour of California

March across Golden Gate Bridge

Surf in the Pacific Ocean

Climb a Redwood Tree

Flex muscles like Arnold Schwarzenegger

Stomp grapes

Pick oranges

Crawl through Death Valley Desert

Climb Mt Whitney (highest peak in US)

Ski on the Sierra Nevadas

# Kinesthetic Classrooms





# Teachers' Workouts



Before  
School!

After  
School!



# Who needs to exercise?

Crabby Road

9-28-10

*I've got to start taking care of myself ... whoever was supposed to be doing it has done a really crappy job!*



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Maxine.com



*We all get heavier as we get older because there's a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me!*

*That's my story and I'm sticking to it!*

# Motivation??



**"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"**



# WHAT KIND OF EXERCISE?

The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck! ~Author Unknown



somee cards  
their cards

GLASBERGEN

© Randy Glasbergen  
www.glasbergen.com



**“Sometimes it’s good to change your walking routine. Try walking around the block instead of wandering around the kitchen.”**

# Seriously . . .

- We ALL need to increase our activity
- But, nix the 'E' word!!!





- Aerobic exercises
  - Walking / Jogging Club
  - Yoga
  - Treadmill / Elliptical / Stair Climber
  - Kickboxing
  - Cycling / Spinning
  - Swimming / Skating
  - Rope Jumping



# Activity - Arm Exercises

- Circles
- Punches
- Bicep curls
- Triceps
- Push-ups



# More Aerobic Exercises

- Dancing
  - Belly
  - Jazzercise
  - Line Dancing
  - Aerobic Dancing
- Hiking
- Water Aerobics
- Some Sports





# **Your aerobic exercise program should have four goals:**

- It is aerobic. It uses large muscle groups repetitively for a sustained amount of time
- You perform it for 30 to 60 minutes, three to five days a week
- It meets the cardiovascular goals your doctor or exercise physiologist has prescribed for you
- It is something you will enjoy doing for an extended period of time



Maxine's  
**Crabby Road**

3-10-13

If it weren't for spring forward  
and fall back, I'd never do any  
exercise  
at all.

Your mouth  
sure gets  
a workout!



J. Wagner

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www.facebook.com/maxine maxine.com

"Sometimes the most ordinary things could be made extraordinary, simply by doing them with the right people."

Elizabeth Green



GeniusQuotes.net

**Before / After School**



# Activity – Leg Exercises

- Leg lifts (all directions)
- Knee lifts
- Squats



# Anaerobic Exercises

- Sprinting
- Running Steps
- Lifting weights
- Weight Room machines
- Toning Exercises





# Anaerobic Exercises


- Intersperse with Aerobic Exercise
  - Daily or several times a week.
- Helps build muscle which burns more fat!

# Activity - Torso

- Abdominals – sitting
- Twists
- Side bends



# How long Do I exercise?



MY WHOLE ROUTINE  
LASTS AN HOUR  
AND A HALF.

15 MINUTES OF CARDIO, 15 MINUTES OF WEIGHTS,  
AND AN HOUR OF TALKING MYSELF INTO IT.

# Families & Communities

- PE Showcase
- Fitness Fair/Health Fair
- BUFF (Building Up Family Fitness)
- Family Fun Nights



# Activity – More Energizers



# Sharing Time

