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Empowering Teachers To Use Physical Activity Throughout The Day

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EMPOWERING TEACHERS TO USE PHYSICAL ACTIVITY THROUGHOUT THE
DAY

BY
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A capstone project submitted in partial fulfillment of the requirements for the degree of
Masters of Arts in Teaching.

Hamline University Saint Paul, Minnesota August 2021

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TABLE OF CONTENTS

Project Description.....	2
Professional Development Outline.....	3
Professional Development Objectives.....	4
Conclusion.....	5
Bibliography.....	6

Project Description

Beyond the health benefits of physical activity, There are numerous benefits for students during the school day. Research has shown that physical activity can have a positive impact on student behavior and academic performance. The academic demands placed on teachers and students has resulted in the cutting of minutes for recess and physical education (Mullender-Wijsma et al., 2016). With that being the case, students still need to be physically active and this can be accomplished in a variety of ways which can be done while still completing academic tasks.

For my project I will be creating a professional development session for kindergarten through fifth grade teachers. The purpose of my professional development will be to provide teachers with information on the benefits of providing physical activity for students. This session will show that physical activity is beneficial to students in their overall school experience. In the professional development session, we will be covering the different reasons students need to be physically active which will be supported by my own research. There will also be examples of what schools are currently doing to give students movement opportunities. Throughout the session, teachers will be given practical ways to incorporate physical activity into their daily routines in a way that wouldn't be disruptive to their teaching. To demonstrate how this could be done I will strategically place different movement break options for the teachers to participate in giving them an authentic experience similar to what they could provide for their students. Teachers will spend time collaborating with one another during the session to share ideas. This collaboration will also take place throughout the school year as they will have access to a document to share with everyone the different things they are trying in their classrooms that have been successful.

Professional Development Outline

- Intro
 - Discuss objectives
- How do students get movement during the school day?
 - Recess
 - Physical Education
 - Reduced minutes in these areas
 - Share research on why
- Movement break
 - Stand and stretch
- Why we need to allow students to move
 - CDC Recommendations
 - Physical health Benefits
 - Academic benefits
 - On task behavior benefits
- Movement break
 - 5 minute walk
- How are you currently giving students the opportunity to move?
 - Talk with people around you
 - Move to different areas around the room to talk to others about what you are doing
 - Whole group share
 - What are some ideas you heard that you might want to try?
 - Why do you think I had you move around the room to different people?
- Movement break
 - GoNoodle
- What schools are doing
 - Recess
 - Research data
 - Movement Breaks
 - Researched Data
 - Video Examples
 - Stability balls
 - Researched Data
 - Video Examples
- Active lesson plans
 - Unpack sample lesson
 - Work in groups to create a lesson plan with movement

Professional Development Objectives:

My professional development session is titled, *Get Moving*. There are four main objectives to this professional development session. The 1st is for teachers to be able to list the benefits of physical activity. I want them to understand that our students need physical activity for health reasons as well as the potential benefits it can have on them beyond just the physical benefits.

The next objective will be to identify ways to allow students to move throughout the day. This will be the major part of the session. I will be covering what schools are currently doing. There will be video examples with commentary. The teachers will have time to reflect and discuss with each other after covering these different movement opportunities.

The third objective will be for teachers to participate in various types of physical activity. Throughout the professional development session teachers will participate in various examples of movement breaks. The goal behind this is to show how movement breaks can be utilized during lessons or transitions without disrupting the flow. Teachers will have an opportunity to reflect on how those breaks impacted their own learning during the professional development session.

The final objective is for teachers to create a lesson plan that involves movement. Teachers will be given an example of an active lesson plan and view a video showing it in action. After this they will use a lesson plan that already exists and implement movement into it. They will share their lessons in small groups, getting feedback on what others enjoyed about it and ideas to improve it.

Conclusion

The objectives of this professional development session will hopefully allow teachers to feel empowered to incorporate physical activity throughout the day. Teachers will develop strategies to incorporate what they learned during the professional development into their own teaching. They will use each other's experiences throughout the school year to help shape their own practices. There will be a shared google doc for them to share ideas and successes to support one another.

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