

Get Moving!

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Tips and tricks (you can start tomorrow!) to get your students moving as they are working and learning.

Objectives

At the end of this professional development you will be able to:

- List the benefits of physical activity for students.
- Identify ways you can allow students to be physically active during the school day.
- Participate in various physical activity examples.
- Create a lesson to incorporate movement.

Outline

- Descriptions of student movement opportunities.
- Why do students need to move?
- What are schools currently doing (outside of recess and PE)?
- How do you allow students to move while learning continues?

Student Movement Opportunities

- Recess
 - [Dorothy I. Height Elementary School Recess](#)
 - Jot down a few notes as we will be revisiting recess later.
 - What did you notice happening during recess?
 - How were students interacting with one another?
 - What was the structure? (organized or free play)
 - What did you appreciate?
 - Share with the group some observations

Student Movement Opportunities

- Physical Education
 - What was your own physical education experience like?
 - Did you enjoy it?
 - What type of activities did you participate it in?
 - What were some stressors?
- https://www.youtube.com/watch?v=shPVCWAb_hE
 - What did you notice?

Get Moving! Movement Break (Stretch)

- Guided Stretch
 - Reach to the sky
 - Feet together (touch your toes)
 - Feet apart (Stretch down to the right, down the middle, down the left)
 - Left arm across
 - Right arm across

Why do we need to allow students to move?

- Write down a few ideas.
- Share your thoughts with a neighbor.
- Move to someone in a different part of the room and share your thoughts.
- Whole group share.

CDC Recommendations

- **Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity on at least 3 days a week.
- **Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week.
- **Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days a week.

Are children meeting these recommendations?

Less than one-quarter (24%) of children 6 to 17 years of age participate in 60 minutes of physical activity every day.

How physical activity benefits our students:

- Build strong bones
- Improve cardiorespiratory fitness
- Control weight
- Reduce anxiety and depression
- Prevent health conditions
 - Heart disease
 - Diabetes
 - Obesity
 - High blood pressure

Academic Benefits

- Increased oxygen flow to the brain
- Increased neurotransmitters in brain improves:
 - Memory
 - Focus
 - Concentration
 - Learning
 - Ability to handle stress
- <https://www.youtube.com/watch?v=V81cO8xyMa>
 - What stood out to you?

Get Moving! Movement Break

- Olympic rock, paper, scissors
- 30 minute lunch break

How are you currently giving students the opportunity to move?

- Write down some of your own practices.
- Talk with people around you.
- Move to different areas of the room.
- Share ideas with others.
- Whole group share:
 - What are some good ideas you heard?
 - What are some things you want to try differently?

Reflection Question

- Why have I been having you move around the room and do different movement activities? (whole group share)

Get Moving! Movement Break

- GoNoodle activity
 - <https://www.gonoodle.com/videos/PX3Epw/banana-banana-meatball>

What schools are doing (Movement Breaks)

- Give students the opportunity to to break from academic work
- Can be brief
- Can be structured games or activities
- Can be student choice
- Allows student to release some energy and refocus
 - <https://www.youtube.com/watch?v=DS8yeXFeEPA>

What schools are doing (Stability balls)

- Improved focus and attention
- Decrease in hyperactivity
- Allows for constant subtle movements
- <https://www.youtube.com/watch?v=eI9QzCESgXc>

Active lesson plans

- Allows students to move while learning.
- Students are being physically active without taking away from instruction.
- Structured

https://www.youtube.com/watch?v=NkxJSwa_b3A

- What did you notice?
- How do you think the students benefited from movement?

Get Moving! Movement Break

15 minutes (choice)

- Go for a walk
- Gym
 - Basketball
 - Fitness circuit
 - Create an activity

Create an active lesson

- Use a lesson you already have.
- How can you build physical activity into the lesson?
 - Use different movement activities.
 - Create stations for students to move to and from.
 - Cut up the worksheet and tape the questions/work around the room.
- Share your new lesson ideas with the people in your group.

Exit Ticket

- Why do you think it's important to incorporate physical activity into the school day?
- What is something new you will try (tomorrow!) to allow your students to be physically active?

Resources

- YouTube. (2017). *YouTube*. https://www.youtube.com/watch?v=4_R3SuaJFP0.
- “Passing & CATCHING Elementary Physical Education Lesson.” *YouTube*, YouTube, 21 Aug. 2015, www.youtube.com/watch?v=shPVCWAb_hE.
- *Youtube*, YouTube, www.youtube.com/watch?v=V81cO8xyMa+What+stood+out+to+you%3F.