Integrating Movement into a Well-Rounded Education

Wellness Wednesday Webinar Series

November 8, 2017

Today's Speakers

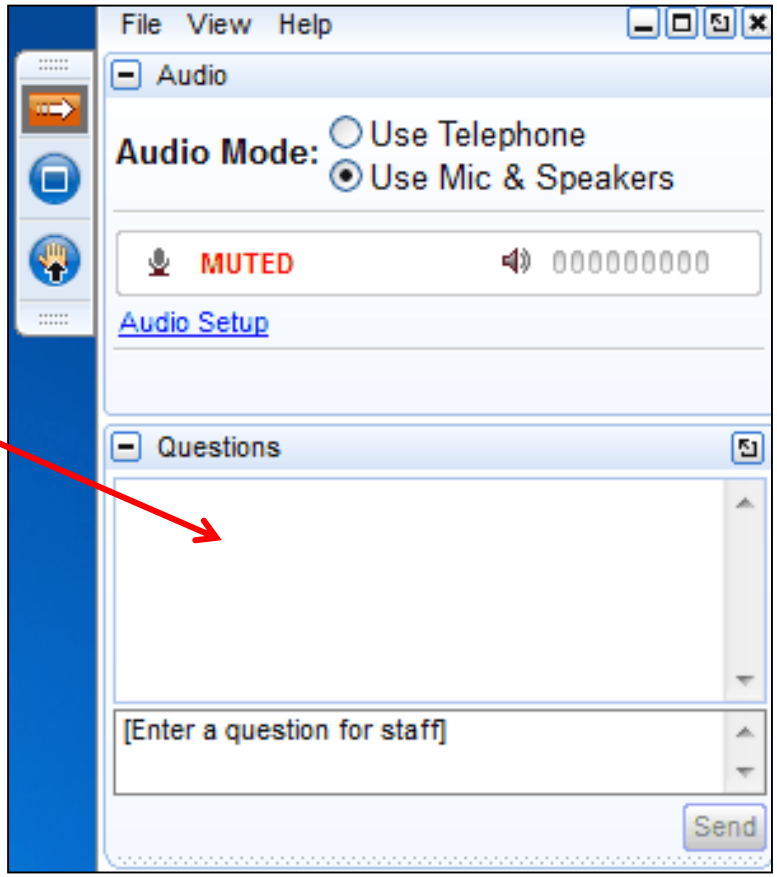
Kristina Shelton
Field Coordinator
Action for Healthy Kids

Ewunike Akpan
Associate Manager, Mid-Atlantic Region
BOKS

Kristen Hanson
5th Grade Teacher
Aldo Leopold Community School, WI

Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call



ACTION FOR HEALTHY KIDS

Who Are We?

AFHK's vision is a world in which every kid is healthy, active and ready to learn.

ACTION FOR HEALTHY KIDS

Who Are We?

Action for Healthy Kids works to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.

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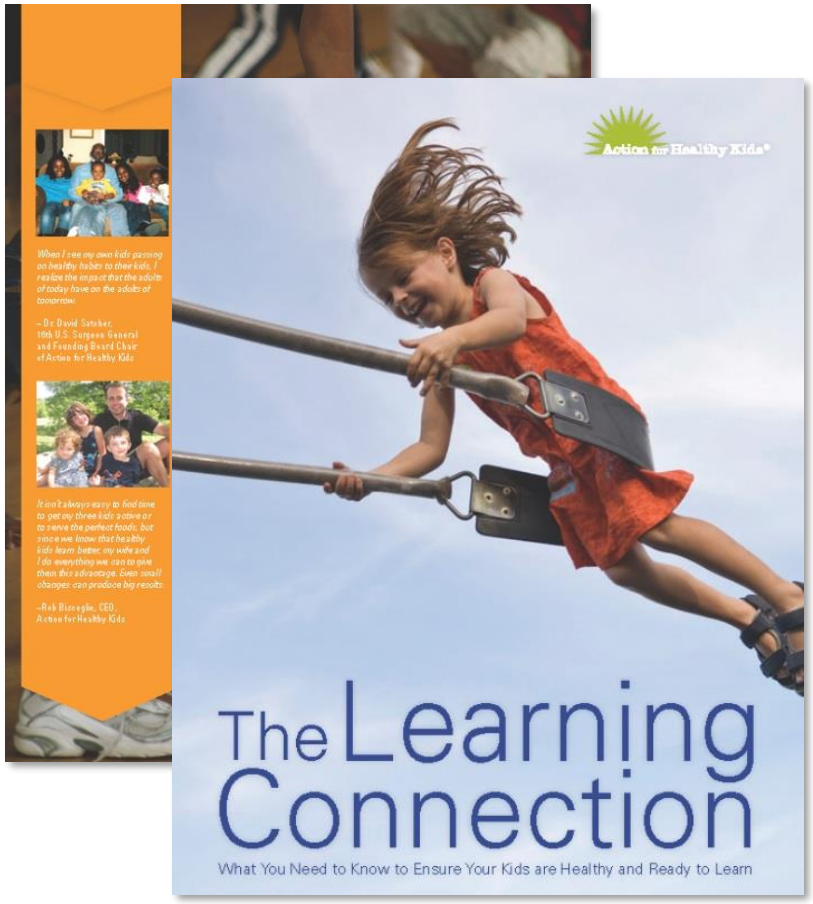
The Learning Connection



What You Need to Know to Ensure Your Kids are Healthy and Ready to Learn

ActionforHealthyKids.org/Learning-Connection

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Get Your Game On

Game On supports America's schools, their staff, students, and families to incorporate healthy food choices and physical activity into their daily lives and school environment, with the ultimate goal of getting nationally recognized as a health-promoting school.

http://www.actionforhealthykids.org/game-on

Game On

Step 1: Gather Your Team

Step 2: Assess & Track Progress

Step 3: Create & Implement an Action Plan

Step 4: Find Activities

Step 5: Engage Families & Community

Step 6: Receive Recognition

Step 4: Find Activities

Today's Webinar

Integrating Movement into a Well-Rounded Education

- Evidence-based strategies to enhance learning environments and active schools.
- Tips and tricks to creating active classrooms through simple and manageable movement strategies, games and lesson ideas
- Success Story - Aldo Leopold Community School; WI

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Comprehensive School Physical Activity Programs (CSPAP)

Physical activity = anything that gets your body moving

- **Fitness breaks**
- **Classroom learning that incorporates movement**
- P.E.
- Recess
- Field trips
- Before and after school activities
- Walk and bike to school programs

Classroom Energizers: Defined

- Names for classroom-based physical activity may include classroom energizers, brain breaks, or brain boosters.
- Integrate directly as part of planned lessons that teach math, language art, social studies, and other academic subjects
- **AND**
- Add in as quick, whole-class activities that give students opportunities to pause, move, and interact in safe, structured ways.

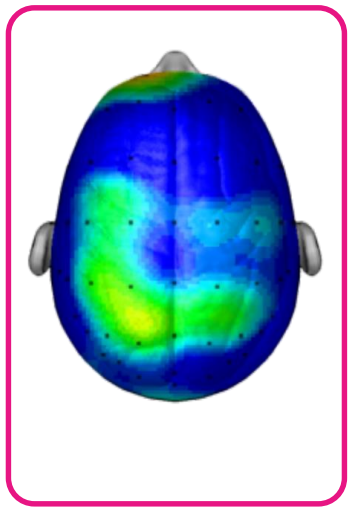
The CDC and SHAPE America recommend 60 minutes of daily physical activity for children and adolescents.

Exercise and the Brain

How it Works

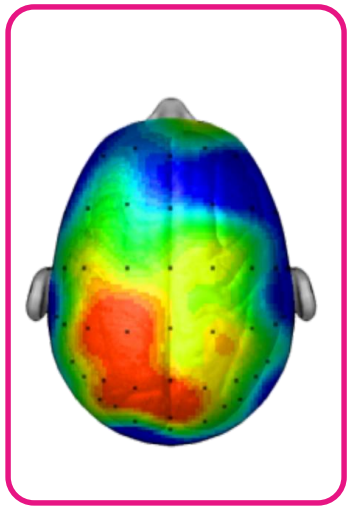
During exercise, muscles send chemicals into the bloodstream, including protein IGF-1, which contributes to the creation of hormones, impacting the systemic growth of almost all organs (including the brain), nerves, and bones.

Physical activity stimulates gray matter of the brain to produce a chemical called brain-derived neurotropic factor (BDNF), which is active in the hippocampus, cortex, and basal forebrain – all areas related to memory, higher thinking, and learning.



*Scans compliments of Hillman, C., University of Illinois

*This is your child's brain without activity



*This is your child's brain with activity

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Exercise & the Brain

Psychological & Physiological

Neuroscientists suggest that regular physical activity…

- Promotes the growth of new brain cells[5]
- Stimulates formation of blood vessels in brain[5]
- Enhances synaptic activity among brain cells[5]
- Contributes to healthy bone and muscle development[6]
- Reduces feelings of depression and anxiety[6]
- Fosters psychological well-being[6]

BOKS is an initiative of the Reebok Foundation

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Build Our Kids' Success (BOKS)

- An initiative of the Reebok Foundation, is a free before, during, and after school physical activity program aimed to get children moving in the morning and ready their brains for a day of learning.
- All of the BOKS curriculum materials are available to a school that enrolls for the program on the website.
- The Burst activities are designed to be performed with minimal space.

energized by Reebok
boks
build our kids' success

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Active Kids = Active Minds

- Different Types of BOKS Bursts and Requirements
  - Bursts in Place
  - Wall and Chair Bursts
  - Bursts that Need Space
- What You Need
  - BOKS Bursts Curriculum
  - Music
  - Enthusiasm!
- One person to read out the Bursts to the whole group.
- Add music!
- Consider safety

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Active Kids = Active Minds

Type
Individual, stationary

Time
2-3 minutes

Burst

Do each activity 6X, repeat twice!

1. Alternating arch touches (touch inside foot with opposite hand)
2. Ladder Climbs (While standing, pretend to climb a ladder)
3. Squat jumps in place (Jump up and land softly in a squatting position)
4. Criss-Cross feet (one foot in front of the other going back and forth- switching dominant foot)
5. Single leg hopping (hop on 1 foot then switch)

Success Story

Kristen Hanson; 5th grade teacher
Aldo Leopold Community School; Wisconsin

2017-2018 Game On Grant

- K – 5th grade
- Indoor recess & classroom physical activity
- Nutrition education

Daily GoNoodle Breaks

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Daily Movement Breaks Outside

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Vision - Overall Wellness

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Get Nationally Recognized

Apply for the HealthierUS School Challenge: Smarter Lunchrooms Initiative

- Voluntary four-year certification initiative recognizing excellence in school nutrition and physical activity
- 4 Award Levels: Bronze, Silver, Gold, Gold Award of Distinction
- Benefits include: Building school spirit, supporting the Learning Connection, and enhancing the sustainability of your initiatives!

Visit Game On – Step 6 to learn more:

http://www.actionforhealthykids.org/game-on/receive-recognition

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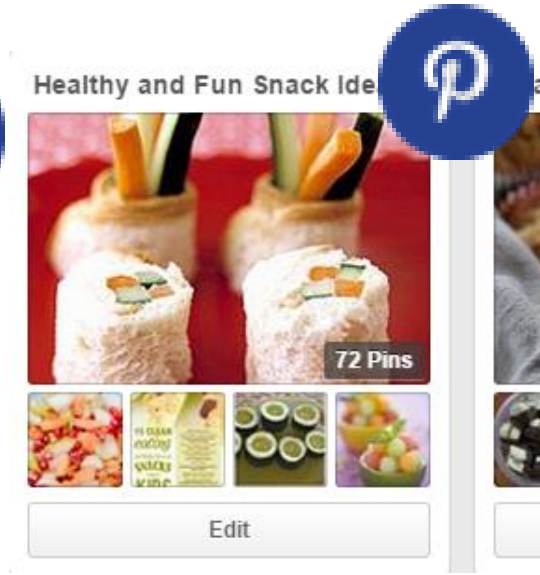
Questions?

Action for Healthy Kids

Trainings@actionforhealthykids.org

Follow Us for More Resources

Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!



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