



# **Active Classrooms 101: Get Up and Moving!**

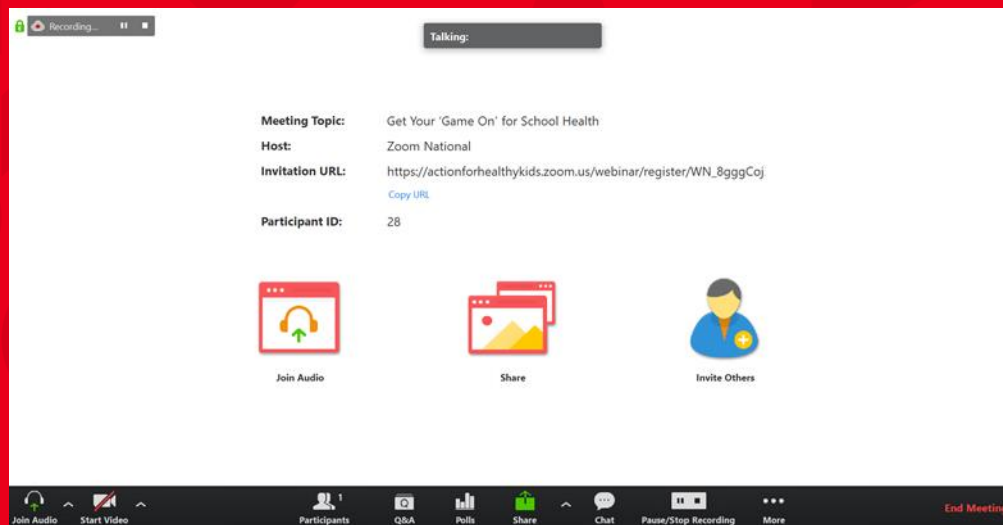
**Jean Moize, Action Based Learning  
Kate Holmes, Springboard to Active Schools**

**Tuesday, December 17  
12pm PT / 1pm MT / 2pm CT / 3pm ET**

**Active Classrooms Webinar Series  
December 2019 – February 2020**

# Welcome!

- Listen in with your telephone or computer speakers
- Everyone is muted
- Submit questions in the question box
- This call is being recorded
- Follow-up email with links to webinar evaluation, recording, handouts, and participation certificate will be sent out in the coming days



# Agenda

- Active Schools Overview
- Guest Speaker: Jean Moize, Action Based Learning
- Guest Speaker: Kate Holmes, Springboard to Active Schools
- Q&A



# Our Mission

At Active Schools, we believe every kid has a right to at least 60 minutes of physical activity before, during, and after school each day – and every school has the responsibility to provide it.

Our goal is to make it easier for schools to provide an active school environment.

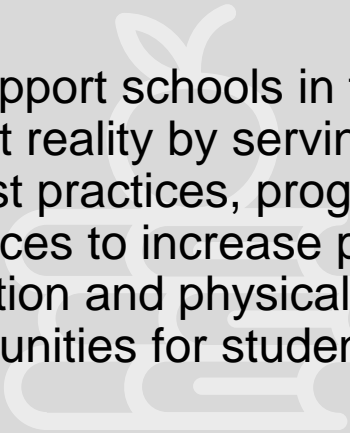


# A Vision That Kids Deserve

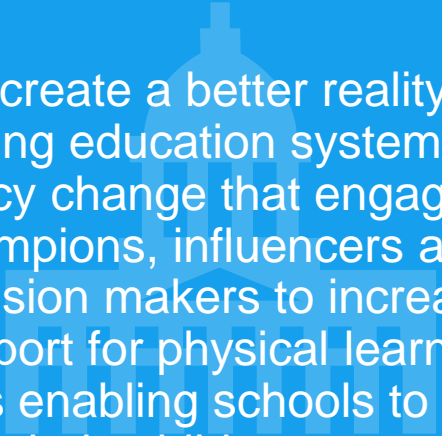
Reimagine school environments to provide opportunities for academic, social-emotional *and* physical learning so that all children have the ability, confidence and desire to lead active, healthy lives.



# We Work on Two Fronts



We support schools in their current reality by serving as a hub for best practices, programs and resources to increase physical education and physical activity opportunities for students.



We create a better reality by driving education system and policy change that engages champions, influencers and decision makers to increase support for physical learning, thus enabling schools to educate the whole child.





## **Active Classrooms Week**

#ThisIsYourBrainOnMovement

DECEMBER 9-13, 2019

Active Classrooms Webinar Series (7) – Dec 2019-Feb 2020

[www.activeschoolsus.org/active-classrooms-webinars](http://www.activeschoolsus.org/active-classrooms-webinars)

Active Classrooms Grant Opportunities (8) – close 2/28/20

[www.activeschoolsus.org/active-classrooms-grants](http://www.activeschoolsus.org/active-classrooms-grants)

The background of the slide is a solid grey color. It is decorated with a repeating pattern of various geometric shapes in a slightly lighter shade of grey. These shapes include five-pointed stars, right-pointing triangles, diamonds, and circles with a smaller circle inside. The shapes are scattered across the entire surface, creating a textured, modern look.

# Jean Moize

## Action Based Learning



# What is an Active Classroom?



**We are made to move.  
What makes us move is  
also what makes us think.**

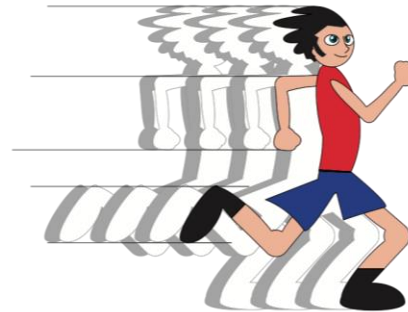
Dr. John Ratey

*The Brain is only as healthy as  
the body that carries it.*

—Dr. Pat Wolfe

**“Movement  
facilitates  
Cognition”**

—Robert Sylwester



**Action Based Learning is  
movement**

with  
intention

**PURPOSE**

**BASED ON THE BRAIN RESEARCH  
THAT SUPPORTS THE LINK OF  
MOVEMENT TO OPTIMAL LEARNING**

# **Exercise** benefits the **BRAIN** first

**Exercise** changes the brain at a  
**MOLECULAR LEVEL**

- Brain fuel is **oxygen** and **glucose**
- **Neurogenesis**
- Secondary **dendritic branching**
- **Neurotransmitters**
- **BDNF**

# Who benefits from an Active Classroom?

*We teach different brains and different learners*

Students with ADHD

English language learners

Obese learners

Brains in Poverty



## Create an Active Environment

- ✓ Activity is the norm, not the exception
- ✓ Daily Quality PE
- ✓ Recess,
- ✓ Before and after school
- ✓ Flexible Seating
- ✓ Opportunities to move
- ✓ Hallways
- ✓ School wide active culture
- ✓ Active teaching strategies
- ✓ Lesson plans that include movement throughout the day.

# Movement with Intention

## Types of Movement

~~~~~ Energizer ~~~~~

~~~~~ Transition ~~~~~

~~~~~ Academic Reinforcement ~~~~~

~~~~~ Review ~~~~~

~~~~~ Assessment ~~~~~

~~~~~ Novelty ~~~~~

~~~~~ Peer Cooperation ~~~~~

~~~~~ Fitness ~~~~~

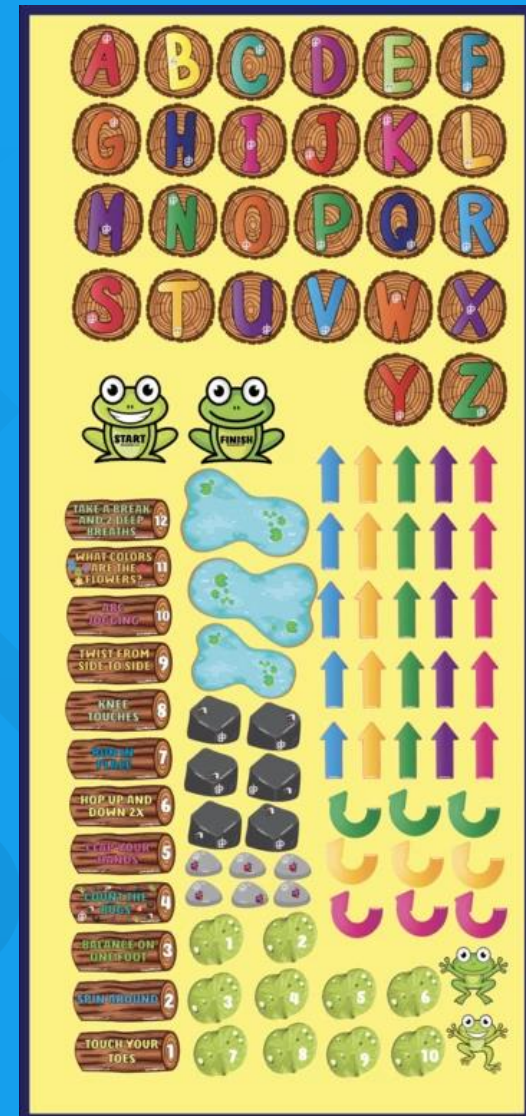


# Action Based Learning Classroom Cart





# Doors and Hallways





## Kinesthetic Furniture









**Healthy Active Students  
Make Better Learners!**





## Resources

Jean Moize

[jean@kidsfit.com](mailto:jean@kidsfit.com)

[abllab.com](http://abllab.com)

Action Based  
Learning in the  
Classroom Books

The background of the slide is a solid grey color with a repeating pattern of various geometric shapes in a lighter grey tone. These shapes include stars, diamonds, right-pointing triangles, left-pointing triangles, and circles, creating a textured, active feel.

Kate Holmes

# Springboard to Active Schools



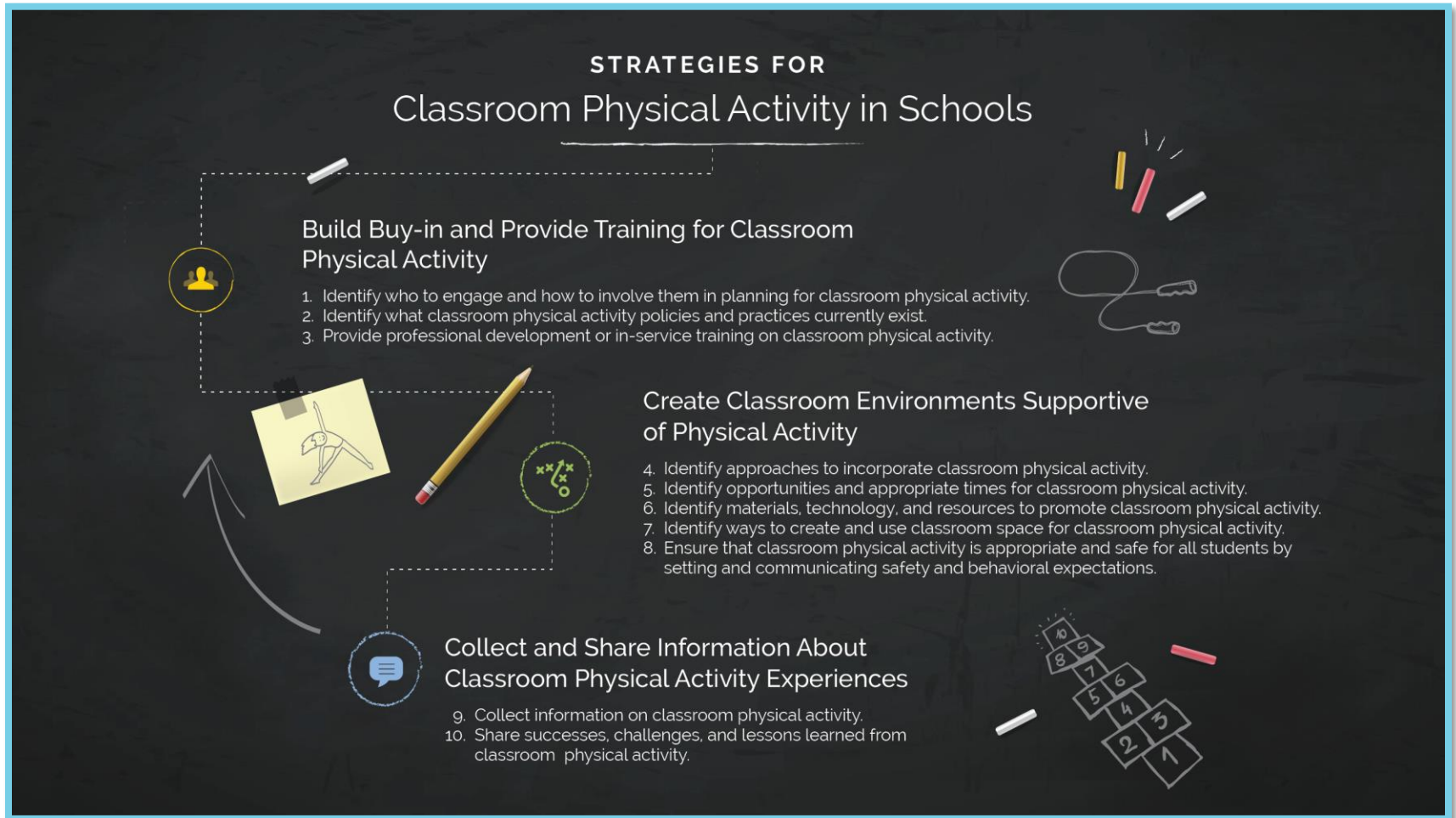
# **Active Classroom Resources from CDC and Springboard to Active Schools**

[schoolspringboard.org/classroomphysicalactivity/](https://schoolspringboard.org/classroomphysicalactivity/)

[cdc.gov/healthyschools/physicalactivity/classroom-pa.htm](https://cdc.gov/healthyschools/physicalactivity/classroom-pa.htm)

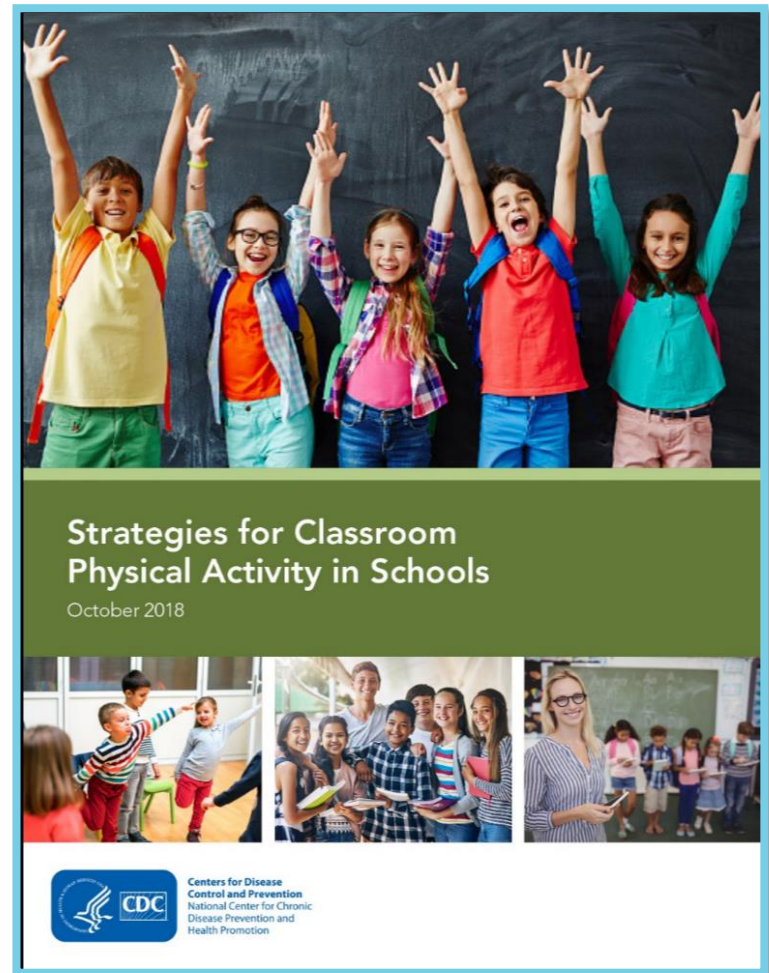


# Evidence-Based Strategies



# Strategies for Classroom Physical Activity in Schools

Describes 10 strategies for promoting and planning classroom physical activity

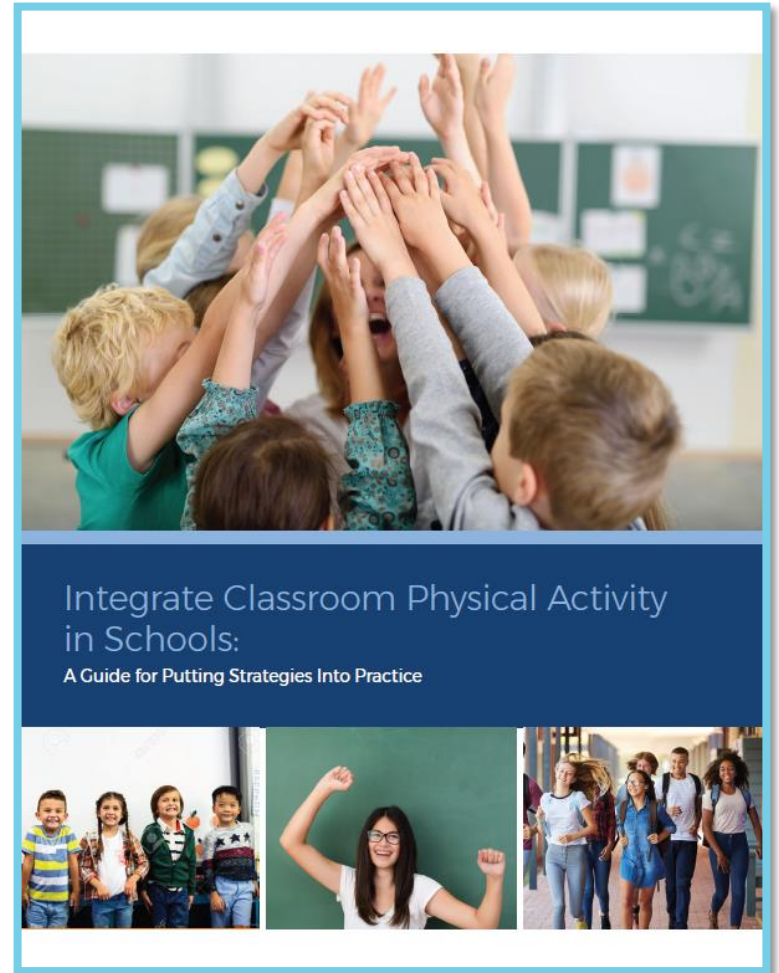


# Integrate Physical Activity in Schools: A Guide for Putting Strategies into Practice

Assess current classroom physical activity practices.

Identify opportunities to enhance or sustain classroom physical activity.

Take practical steps to integrate physical activity into the classroom.



# Online Platform

## STRATEGIES FOR Classroom Physical Activity in Schools



### Collect and Share Information

- 9. Collect information
- 10. Share successes, challenges, and lessons learned



#### Overview

[Definition](#)  
[Categories](#)  
[Platform guide](#)  
[Share your story](#)

#### Build buy-in and provide training

[Strategy 1](#)  
[Strategy 2](#)  
[Strategy 3](#)

## Strategy 9

Collect information on classroom physical activity.

| Description | Key Activities & Questions | Stories from the Field | Resources |
|-------------|----------------------------|------------------------|-----------|
|-------------|----------------------------|------------------------|-----------|

Teachers, administrators, and physical activity champions can collect information on classroom physical activity efforts, and teachers can track the types of physical activities they use in their classroom. This information can include preparation time, ease of implementation, whether students enjoyed the activity, and length of the activity. Students also can track their activities in a day planner.

Teachers can assess the effect of physical activities on student behavior, such as whether students are focused, having fun learning, and exhibiting fewer off-task



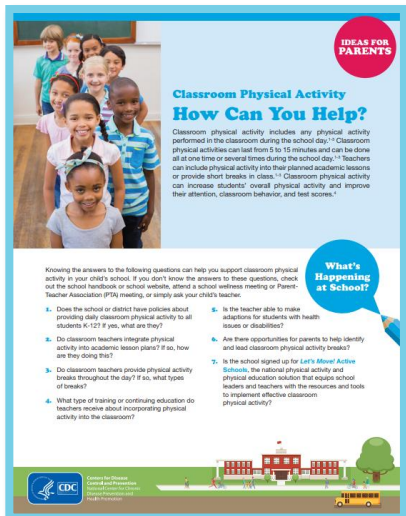
# Additional Resources



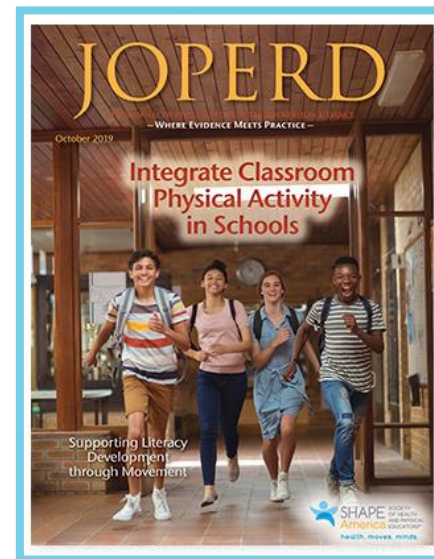
## Data Brief



## PowerPoint Presentation



## Ideas for Parents



## JOPERD Article



## **Strategy Highlight**

Provide professional development or in-service training on classroom physical activity.

# Implementation Guide

## Questions for Consideration

Use the following questions to guide key activities and inspire new ideas:

- How will you gauge and prioritize the professional development needs of school staff and partners at your school to help them integrate classroom physical activity?
- What are facilitators and barriers for classroom physical activity that can be addressed through professional development opportunities?
- What resources (for example, financial, human, and material) are available and necessary to provide professional development on classroom physical activity?
- Who can be engaged to conduct and facilitate professional development on classroom physical activity that addresses the needs of school staff and partners at your school?
- How can physical education teachers partner with other teachers to integrate physical activity into the classroom?

## Key Activities

Put Strategy 3 into practice through the following activities:

- ✓ Identify relevant professional development topics for classroom physical activity.
- ✓ Prioritize professional development topics for classroom physical activity.
- ✓ Determine who can conduct professional development opportunities for classroom physical activity and the necessary resources and supports.



# Stories from the Field: Engaging PE Teachers in Professional Development



"Previously, [physical educators] shied away from offering help to other classroom teachers.

But, **we have the knowledge — we know the anatomical basis for movement...and the research behind what happens when someone sits for hours and hours a day."**

**- Amy Riggio**

Health and Physical Education Teacher  
Loudoun County Public Schools





# Strategy Resources

## Professional Development Assessment



### Instructions:

Distribute the Professional Development Assessment during a staff meeting, professional learning community, or grade-level team meeting to determine professional development needs and interests for classroom physical activity topics. Count the responses for each topic - the higher the total score, the more interest in a topic. Use the results to complete the Professional Development Planning Template.

Assess the following classroom physical activity topics based on your interest in receiving professional development on the topic. 1 = not at all interested, 5 = very interested

The connection between physical activity and academic achievement (for example, benefits, including the impact of physical activity upon academic performance, classroom management, and student behavior).

How to connect classroom lessons for other subjects to physical activity (for example, connecting physical activity and literacy).

Practical ideas for how to promote and plan for classroom physical activity.

How to use physical activity to manage the classroom (for example, to calm or energize students) and to meet other classroom goals.

Physical activities that include all students, regardless of ability.

On what other topics are you interested in receiving professional development?

[Click here to reset page 1](#)

Springboard to Active Schools is an initiative of the National Network of Public Health Institutes (NNPHI) and Health Resources in Action (HRIA) through Cooperative Agreement CDC-RFA-076-1601 (N01ADP000394) with the Centers for Disease Control and Prevention (CDC).  
[www.springboardtoactive.org](http://www.springboardtoactive.org)





## Contact

Kate Holmes

[kholmes@nnphi.org](mailto:kholmes@nnphi.org)

[www.schoolspringboard.org](http://www.schoolspringboard.org)

Twitter: @Springboard2AS



# Q&A

Please type any questions for Jean, Kate or Charlene in the Q&A feature





# **Thanks for joining Active Classrooms 101: Get Up and Moving!**

**Jean Moize, Action Based Learning  
Kate Holmes, Springboard to Active Schools**

**UP NEXT: Principals' Perspectives on The  
Benefits of Active Classrooms**

**Tuesday, January 7, 3-3:45pm ET / 2-2:45pm  
CT / 1-1:45pm MT / 12-12:45pm PT**