



Principals' Perspectives on the Benefits of Active Classrooms

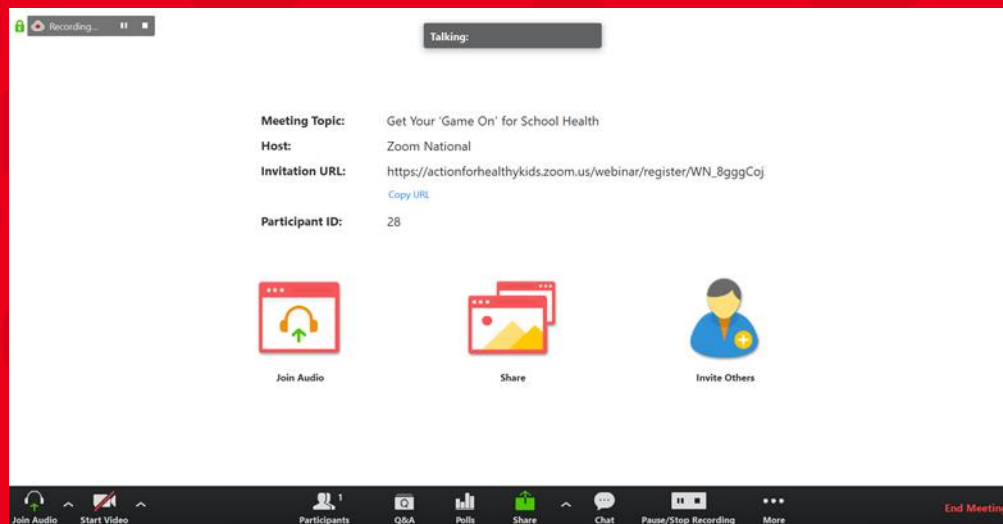
Martha Harris, Fizika
Cyrus Weinberger, Soaring Heights PK-8

Tuesday, January 7
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: Martha Harris, Fizika
- Guest Speaker: Cyrus Weinberger, Soaring Heights PK-8
- 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.

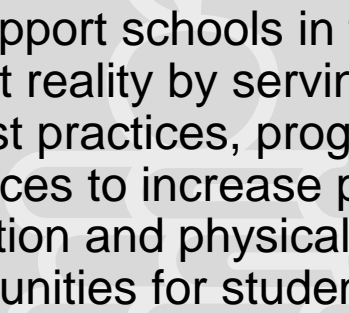


A Vision That Kids Deserve

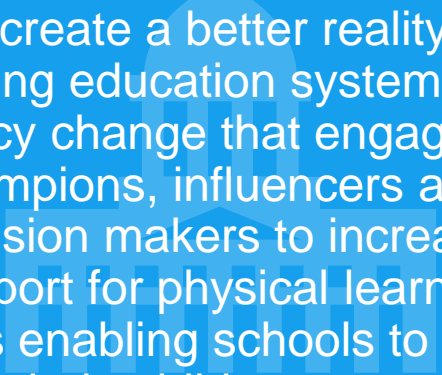
Reimagine school environments to provide opportunities for academic, social-emotional *and* physical learning so that all children have the ability, confidence and desire to lead active, healthy lives.



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

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

www.activeschoolsus.org/active-classrooms-grants

The background of the slide is a solid light gray color. It is decorated with a repeating pattern of various geometric shapes in a slightly darker gray tone. These shapes include five-pointed stars, right-angled triangles, diamonds, and circles with a central dot. The shapes are scattered across the entire surface, creating a subtle, textured effect.

Martha Harris

Fizika



Why Active Classrooms?

Role of Principals in Teaching and Learning

Focus on the Whole Community, Whole School, Whole Child

Martha Lester Harris, Founder
Fizika Group
[@fizikaactive](#)



Change is needed: American students are not keeping up

National Report Card reveals declines in student achievement in math and reading by 4th and 8th grade students

Lack of physical activity in school reduces learning readiness, attention and focus

Principals are key to academic and student success

During the past ten years, Fizika has worked with dozens of principals in large, small, urban and rural schools across the US.

The best principals have a laser focus on student success and staff wellness.

They recognize that most students are kinesthetic learners – who learn by doing, and at their own pace.

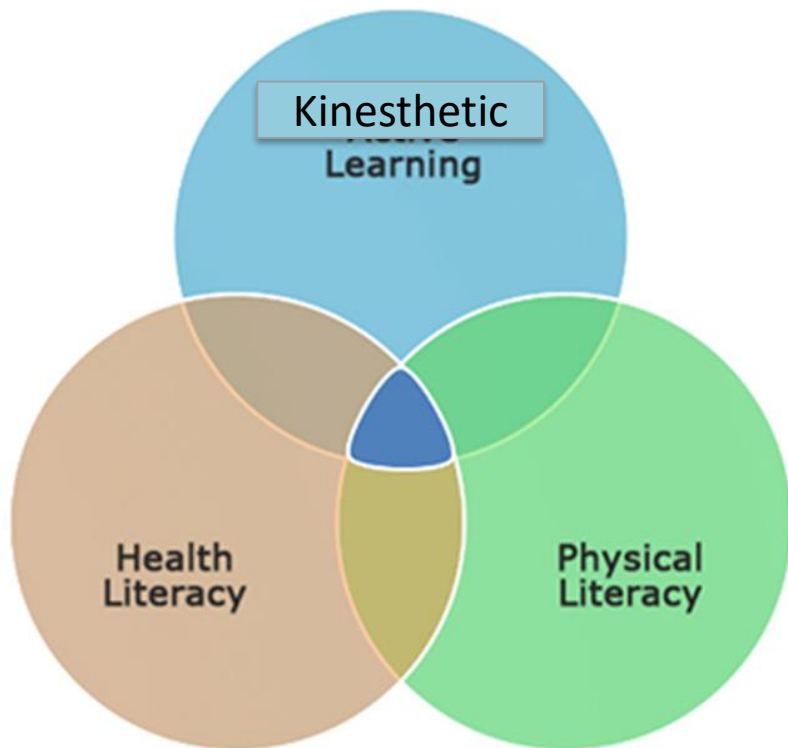
Professional development can help educators realize the benefits of brain-based approaches to learning: through movement, creative play and project-based learning.

Social and emotional learning needs are addressed through physical activity – students learn to respect personal space and see the value of teamwork.

Physically Active Classrooms Help Students Learn Better



Policy Framework: Kinesthetic Learning Advances Health and PE Standards, and the WSCC Model



Active Kids Learn Better – Across the Board

active kids learn better



physical activity at school is a win-win for students and teachers

GRADES:



STANDARDIZED TEST SCORES:

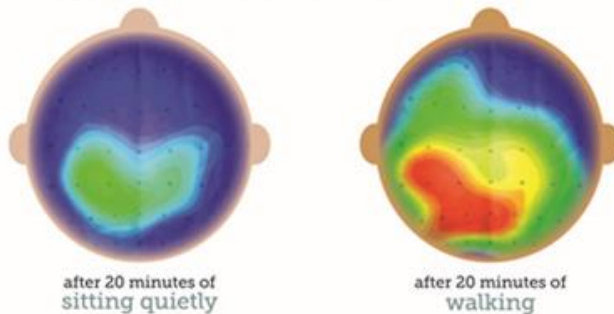


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



Red areas are very active; blue areas are least active.

MORE RESULTS:

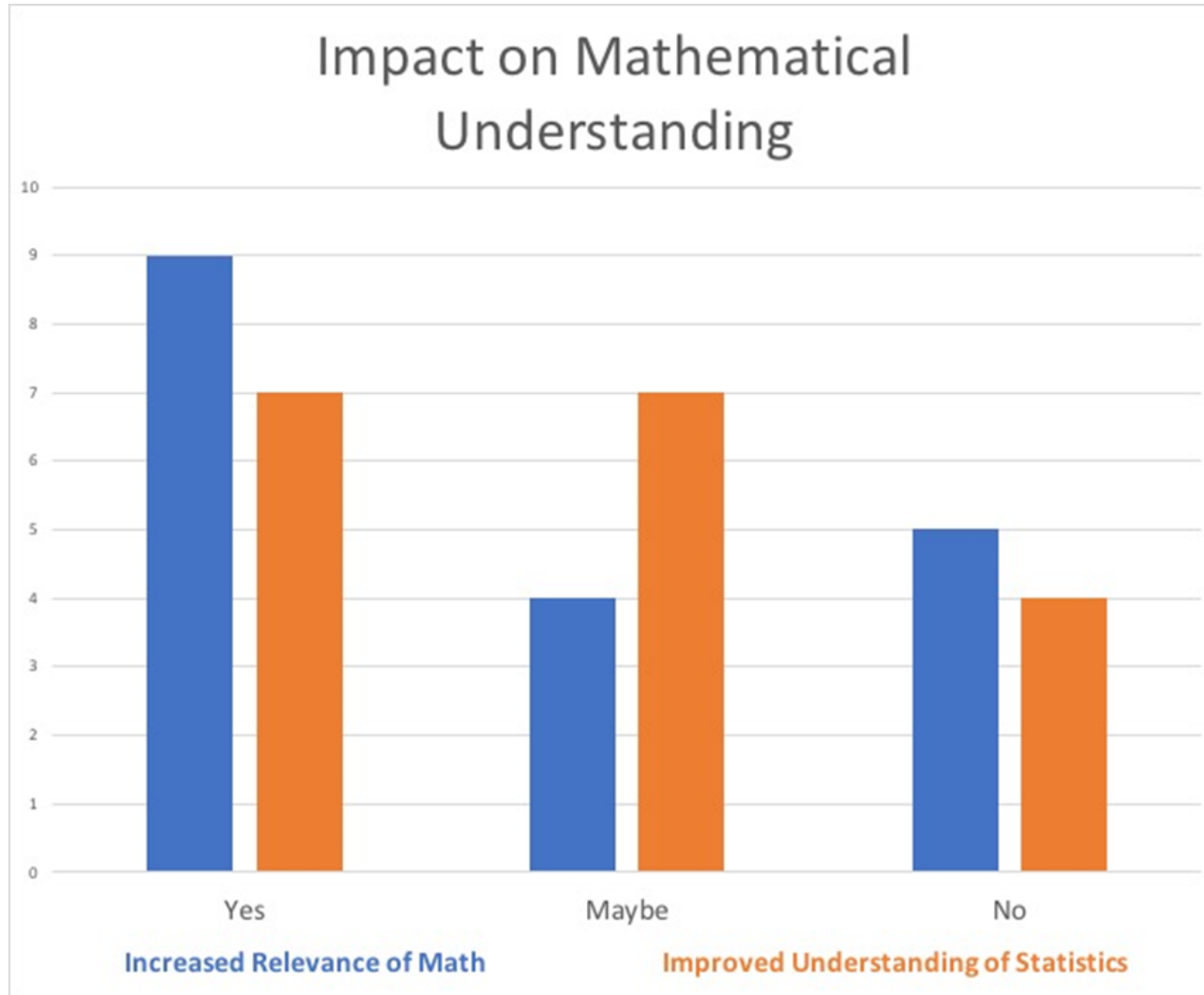
after 20 minutes of physical activity:
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:
memory tasks improved 16%

SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10: Integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larsen P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

Math and Statistical Understanding Improved Through Kinesthetic Learning @ Pequea Valley High School





Learner Feedback

- **Which areas did you feel improvement during active learning lessons?**
 - ✓ **Focus**
 - ✓ **Motivation**
 - ✓ **Energy**
 - ✓ **Academic Performance**



KINESTHETIC LEARNING SPECIALIST COURSE

COMING: MARCH 2020

 **Fi.zi.ka.active**™



CONTACT INFORMATION

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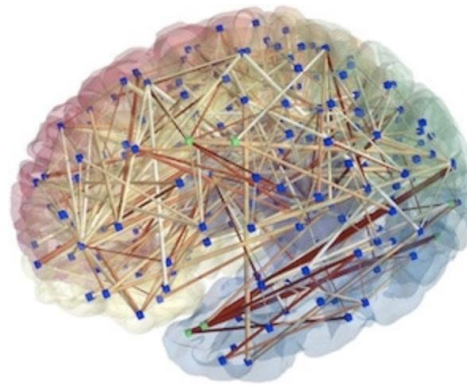
Cyrus Weinberger

Principal

Soaring Heights PK-8

St. Vrain Valley School District

Erie, CO



Transforming Public Education Through Physical Activity and Neuroscience: One Principal's Journey

Cyrus Weinberger





OFFICE OF THE PRINCIPAL



OVERVIEW

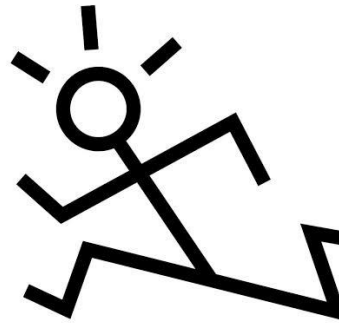
- How the vision and model for Red Hawk's Movement Program and its second iteration in Soaring Heights' neuroscience focus was developed
- A balcony view of the field of neuroscience and its implications for education and beyond
- Hear how this approach has impacted students and teachers understanding of their own learning and self-awareness





SPARK

THE REVOLUTIONARY NEW SCIENCE OF EXERCISE AND THE BRAIN



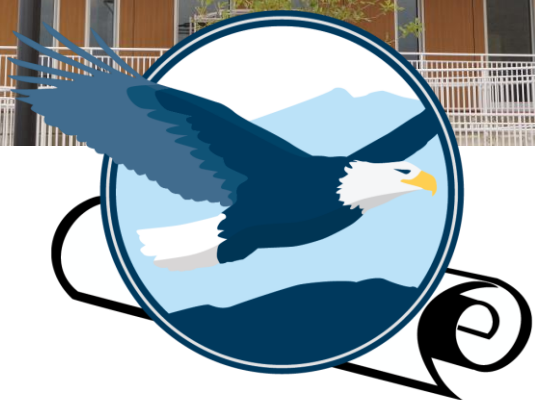
Supercharge Your Mental Circuits to Beat Stress, Sharpen
Your Thinking, Lift Your Mood, Boost Your Memory, and Much More

JOHN J. RATEY, MD

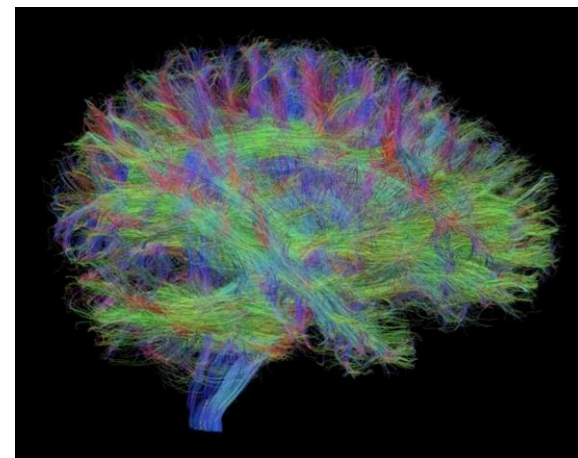
COAUTHOR OF *DRIVEN TO DISTRACTION*

with **ERIC HAGERMAN**

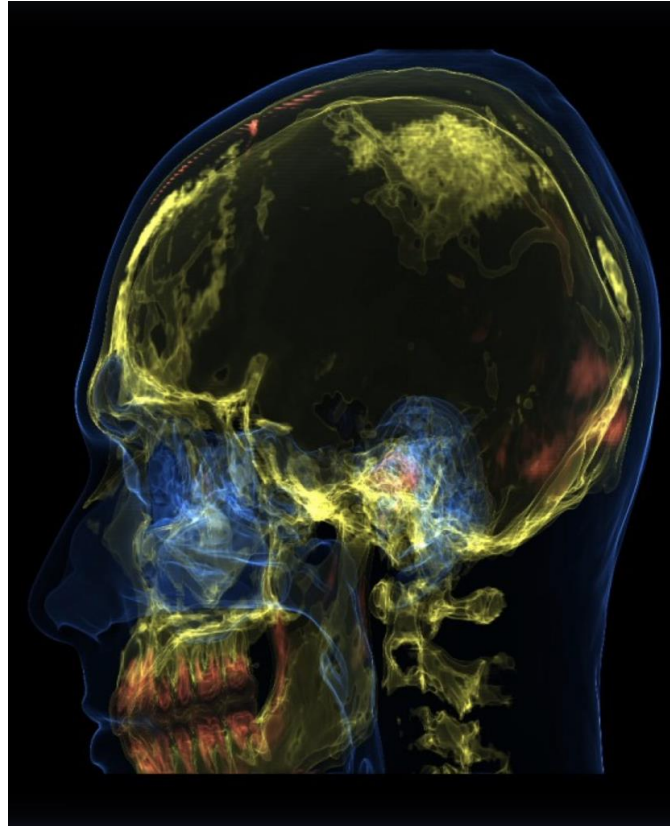




SOARING HEIGHTS
P K - 8 S C H O O L



Why Neuroscience?



Hard Sciences

Mathematics

Biology

Chemistry

Physics

Physiology

Creative Expression & Collaborative Structures

Emotional Intelligence

Arts Programing

School Culture

Environment

Social Justice

Community Service

Movement & Sports

Computer Science

Coding

Robotics

Virtual / Alternate
Reality

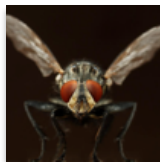
Artificial Intelligence

Text	<ul style="list-style-type: none"> • book, story, article
Video	<ul style="list-style-type: none"> • expert in the field or interest piquing
Experiment	<ul style="list-style-type: none"> • neuroscience, theme related, science notebooking
Virtual Reality Experience	<ul style="list-style-type: none"> • high end or student created
Specific Vocabulary	<ul style="list-style-type: none"> • related to content or scientific process
Movement Activity	<ul style="list-style-type: none"> • designed to reinforce content
Design Thinking Challenge	<ul style="list-style-type: none"> • linked to community symposium
Self Reflection	<ul style="list-style-type: none"> • practice identifying strengths and areas of improvement



Theme I

• Oceans



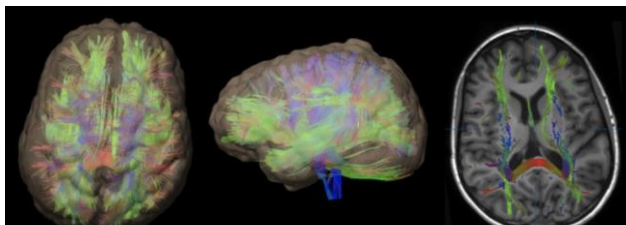
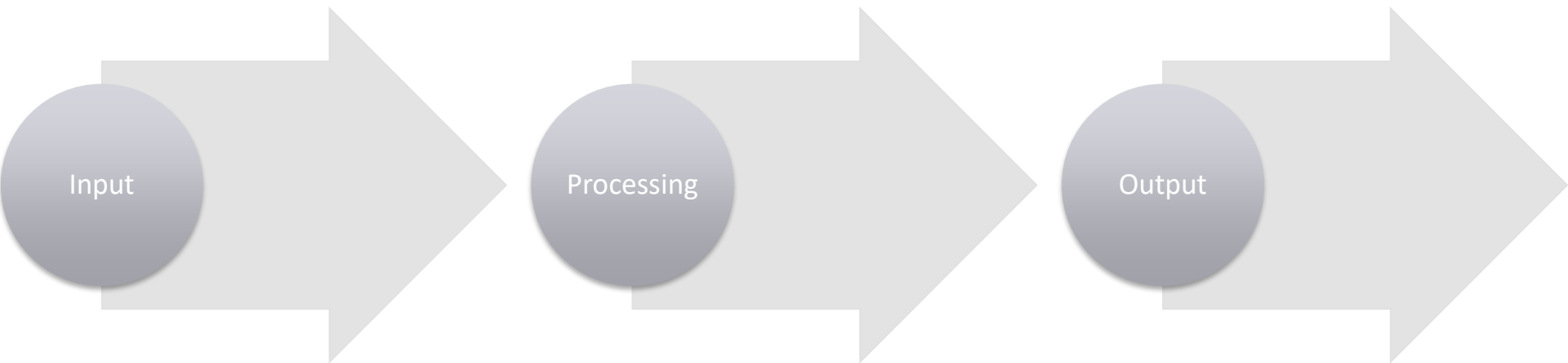
Theme II

• Land



Theme III

• Space



SCHOOL OF MEDICINE
Neuroscience Program

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS





Cyrus Weinberger

Principal

Soaring Heights PK-8

<https://shpk8.svvsd.org>

Q&A

Please type any questions for Martha, Cyrus or Charlene in the Q&A feature





Thanks for joining Principals' Perspectives on the Benefits of Active Classrooms

Martha Harris, Fizika
Cyrus Weinberger, Soaring Heights PK-8

**UP NEXT: Integrating Physical Activity into
Classroom Instruction**
Thursday, January 16, 3-3:45pm ET / 2-
2:45pm CT / 1-1:45pm MT / 12-12:45pm
PT