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.

Active Students = Better Learners
www.cdc.gov/healthyschools/PEandPA
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
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

- 20% more likely to earn an A in math or English
- Standardized test scores increased 6% over 3 years
- 13% increase in students’ physical activity for the week
- 21% decrease in teachers’ time managing behavior

Physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:
- After 20 minutes of sitting quietly
- After 20 minutes of walking

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%.

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

Impact on Mathematical Understanding

- Yes: Increased Relevance of Math
- Maybe: Improved Understanding of Statistics
- No
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.ca.active™

Active.Schools
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
and ERIC HAGERMAN
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Why Neuroscience?
- **Text**
  - book, story, article

- **Video**
  - expert in the field or interest piquing

- **Experiment**
  - neuroscience, theme related, science notebooking

- **Virtual Reality Experience**
  - high end or student created

- **Specific Vocabulary**
  - related to content or scientific process

- **Movement Activity**
  - designed to reinforce content

- **Design Thinking Challenge**
  - linked to community symposium

- **Self Reflection**
  - practice identifying strengths and areas of improvement

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**Themes:**

- **Theme I**
  - Oceans

- **Theme II**
  - Land

- **Theme III**
  - Space
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