



# Integrating Physical Activity into Classroom Instruction

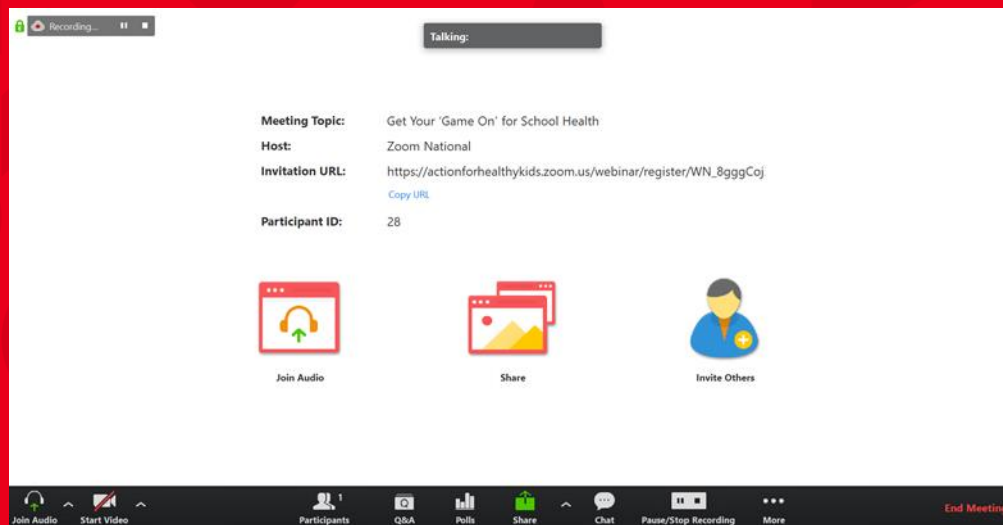
**Eloise Elliott, Active Academics**  
**Laura Fenn, The Walking Classroom**  
**Suzy Koontz, Math & Movement**

**Thursday, January 16**  
**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: Eloise Elliott, Active Academics
- Guest Speaker: Laura Fenn, The Walking Classroom
- Guest Speaker: Suzy Koontz, Math & Movement
- 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.

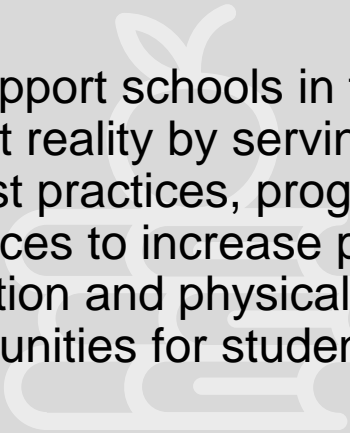


# A Vision That Kids Deserve

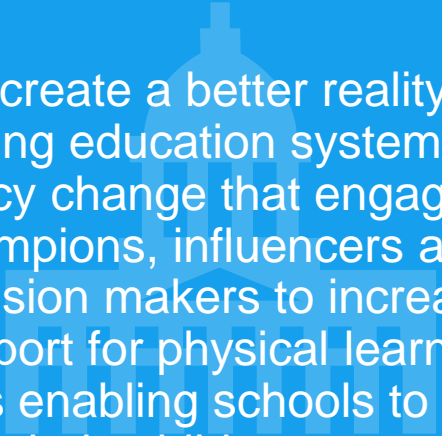
Reimagine school environments to provide opportunities for academic, social-emotional *and* physical learning so that all children have the ability, confidence and desire to lead active, healthy lives.



# 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)



# Getting Elementary & Middle School Students "Moving More in School"

**Eloise Elliott, PhD**

West Virginia University

College of Physical Activity and Sport Sciences



# Health Benefits of Physical Activity

- Promotes health and fitness
- Builds healthy bones and muscles
- Reduces the risk of developing obesity and risk factors for diseases such as type 2 diabetes and heart disease
- Reduces the symptoms of anxiety and depression
- Enhances self efficacy – enjoyment, confidence, support of others

*Source: Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion, CDC*



# Physical Activity and Academic Performance

- Associated with lower levels of stress and anxiety
- Can positively affect concentration, memory, and classroom behavior among adolescents
- Can improve standardized test scores
- Positively affect overall academic performance

1. Centers for Disease Control and Prevention. *Strategies for Classroom Physical Activity in Schools*. Atlanta, GA: Centers for Disease Control and Prevention, US Dept. of Health and Human Services; 2018.

2. Centers for Disease Control and Prevention. *School health guidelines to promote healthy eating and physical activity*. MMWR 2011;60(RR05):1–76.

3. Institute of Medicine. *Educating the Student Body: Taking Physical Activity and Physical Education to School*. Washington, DC: The National Academies Press; 2013.

4. Centers for Disease Control and Prevention. *A Guide for Developing Comprehensive School Physical Activity Programs*. Atlanta, GA: US Department of Health and Human Services; 2013.

5. Centers for Disease Control and Prevention. *Health and Academic Achievement*. Atlanta, GA: US Department of Health and Human Services; 2014.



# Comprehensive School Physical Activity Programs

## Components include:

- Quality physical education
- **Activity breaks throughout the day (classroom, recess)**
- Before and after-school PA opportunities
- Staff wellness and involvement
- Family and community participation



Centers for Disease Control and Prevention. Comprehensive School Physical Activity Programs: A Guide for Schools. Atlanta, GA: U.S. Department of Health and Human Services; 2013

**Administrator** → Support & promote a physical activity culture throughout the whole school day



**Physical Educator** → Provide guidance & resources to others in the school to promote physical activity

**Classroom Teacher** → Provide students with the opportunity to MOVE!  
Brain Breaks/Energizers, academic movement, transitions, before/after school, recess

**Parent** → call for local and state policies supporting PA, monitor PA time, volunteer to assist teachers



# Active Academics®

*Learning on the Move!*

activeacademics.org

## Classroom ENERGIZERS

Get kids up and moving anytime during class with a Classroom Energizer Activity! Energizers provide a quick "5 minute or less" moving break that helps kids get focused and engaged in the learning process. Activities are fun and get kids' heart rate up which leads to more blood flow to the brain and increased attention



Providing practical  
**ideas** for  
**INTEGRATING**  
physical activity  
throughout the  
school day

## Submit your Ideas

Active Academics® is a resource for teachers created by teachers. All activity ideas on the site are from teachers just like you! Teachers can earn rewards for published activity ideas like gift cards and more!



## Recess & Lunch Break

We have ideas for informal group play settings like recess and lunch time. The activities require very little instruction and are appropriate for large groups.

Active lesson ideas to enhance the learning of content in math, reading/language arts, health, physical education, science and social studies




Our standards based activity ideas utilize the new **Common Core Standards** for Math and Reading / Language Arts. Each idea has the standards built-in, making them quick and easy to use in any classroom for any grade level


## COMMON CORE STATE STANDARDS INITIATIVE

Active Academics® includes the national standards with our other content area ideas: Science, Social Studies, Health, and Physical Education

Active Academics: A Web-Based Resource to Increase Physical Activity

# Energizer Example: Can you Jump for 2 Minutes? (3-8)

 **add to my favorites**

 **CLASS ROOM**

## Can You Jump for Two Minutes?

**Suggested Grade Level(s):** 3, 4, 5, 6, 7, 8

**Content Area(s):** Classroom Energizer

**Purpose of Activity (objectives, etc.):**

If you need to wake up a tired class or burn some energy this quick energizer will do both.

**Materials/Equipment (Needed):**

music (optional)

**Description:**

Have students do the following exercises for 30 seconds each.

**Jump Ups -**  
Jump as high as you can as you push your hands up towards the ceiling.

**Criss Cross Jumps -**  
Start with feet shoulder width apart, jump crossing one leg in front of the other, continue jumping criss-crossing legs back and forth.

**Diamond Jumps -**  
Start with your feet about shoulder width apart. Jump landing with one foot forward and one foot behind. Jump again returning to the starting position. Continue jumping creating a diamond shape with your feet.




**Four Corner Jumps -**  
Stand with feet together. Imagine you are standing in a box on the floor. While keeping your feet together, jump to each of the four corners of the box.

**Time:**

Less than 5 minutes

**Source:**

*Active Academics®*

**Share This**   



# Energizers/Indoor Recess

## Exercard Battle

♥ Add to my favorites

### Exercard Battle



Share  
This



**Suggested Grade Level(s):** 2, 3, 4, 5, 6, 7, 8

**Content Area(s):** Classroom Energizer

**Purpose of Activity (objectives, etc.):**

The purpose of this activity is get students up for a movement break while allowing them to enjoy friendly competition and physical activity

**Materials/Equipment (Needed):**

Decks of playing cards (2-3)

**Activity Handout:** [Exercard Battle Activities.pdf](#) (new window)

**Description:**

1. Before beginning, teacher will post the activities chart (attached) somewhere where all students can see it. Then pass out 5 playing cards (face down) to each student.
2. Students will turn to their neighbor (front to back or side to side)
3. On the go signal, students will play the game "war" - each student takes top card from their stack (face down) and lays it down face up. Highest card wins - that student gets to keep both cards.
4. After each round, students look at the chart of activities posted at the front of the room and each student does that activity that corresponds with the "winning card" for 15 seconds.
5. Game continues until teacher stops, or one student (in each group) wins all their opponents cards.

**Time:**

5 minutes

**Source:**

*Active Academics (No Gym - No Problem Book)*

## Active Bingo

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### Active BINGO



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This



**Suggested Grade Level(s):** 3, 4, 5, 6, 7, 8

**Content Area(s):** Classroom Energizer

**Purpose of Activity (objectives, etc.):**

The purpose of this activity is to give students a movement break using the classic game of bingo to help dictate the repetitions of each exercise.

**Materials/Equipment (Needed):**

Bingo Cards (Attached)  
Cup, Box, Hat, etc. to draw numbers  
Optional - List of activities to display in the room  
Optional - Marking Pens, Pieces of Paper for markers

**Activity Handout:** [Active Bingo Cards.pdf](#) (new window)

**Description:**

1. Each student should have a bingo card and some way to mark the card. You could laminate your cards and use dry erase markers or wax crayons. Other options include torn paper pieces to use as a marker
2. Put the numbers 1-20 individually in a hat / container to draw from
3. Explain that with each number drawn, the students that have that number should mark their card and then the class will do that number of repetitions for the exercise you select. Exercise ideas include: High knees, run in place, push ups, jumping jacks, squats, etc.
4. If a student gets "four-in-a-row" they are the winner and get to choose an activity for the class to do for 15 seconds.
5. Play as many rounds as you want in 5 minutes or less.

**Time:**

5 minutes

**Source:**

*Active Academics (No Gym - No Problem Book)*

# Active Problem Solver (3-5) -All Subjects

**Name of Activity:**

**Active Problem Solver**



**Suggested Grade Level(s):** 4, 5

**Content Standard(s):**

- **4 - Math**

- **Use the four operations with whole numbers to solve problems | 4.OA.3:**

Solve multistep word problems posed with whole numbers and having whole-number answers using the four operations, including problems in which remainders must be interpreted. Represent these problems using equations with a letter standing for the unknown quantity. Assess the reasonableness of answers using mental computation and estimation strategies including rounding.

**Purpose of Activity (objectives, etc.):**

To use a visual assessment to assess student's ability to quickly solve math word problems.

**Materials/Equipment (Needed):**

- PowerPoint with Math Word Problems, answer choices, correct answer.

Activity Handout: [Active Problem Solver Slideshow.pptx](#)  (new window)

**Description:**

The teacher will project the PowerPoint slides for all students to see, and ask students to stand by their desks or in another personal space in the room.

# Letter Toss (1-2) – Language Arts

♥ [add to my favorites](#)



## Letter Toss

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**Suggested Grade Level(s):** 1, 2

**Content Standard(s):**

### 1 - Reading/Language Arts

#### Fluency | RF.1.5:

Read with sufficient accuracy and fluency to support comprehension.

### 1 - Reading/Language Arts

#### Phonological Awareness | RF.1.2:

Demonstrate understanding of spoken words, syllables, and sounds (phonemes).

### 2 - Reading/Language Arts

#### Phonics and Word Recognition | RF.2.3:

Know and apply grade-level phonics and word analysis skills in decoding words.

**Purpose of Activity (objectives, etc.):**


Students will see how many words they can develop with one letter from the alphabet.

**Materials/Equipment (Needed):**

 - Resource Available (click)  - S&S Exclusive Resource

Board (if writing words down)

Letter of the Day - on note cards

Yarn Ball(s) 

**Description:**

1. The teacher will place a letter for the day on board and hand a yarn ball to one student.
2. Students will stand around the room in a circle.
3. Each student will give an age appropriate word that begins with that letter and then toss the yarn ball to another student.



# Bean Bag Bocce (K-8) - Recess

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## Bean Bag Bocce

Share  
This



**Suggested Grade Level(s):** K, 1, 2, 3, 4, 5, 6, 7, 8

**Content Area(s):** Recess / Lunch Activity

**Purpose of Activity (objectives, etc.):**

The purpose of this activity is to give students an engaging activity during recess that gets them moving and competing in a friendly atmosphere. Any student can play and it works on any surface

**Materials/Equipment (Needed):**

Bean Bags (Sets of 2 - same color)  
Target Beanbag

**Description:**

1. Each student begins with two like colored bean bags.
2. One student throws the target bag away from the group.
3. Students then take turns throwing their "same colored" bags at the target bag. Each student throws one bag and then repeat. Students can go in order of birth month, or whatever way the group decides.
4. The object is to be the closest to the bag. The person with the closest bean bag to the target gets a point and any player that hits the target also gets a point. The next round begins after all players have thrown their two bags.
5. Players should decide beforehand what point total to go to for a winner.

**Time:**

10 minutes

**Source:**

*Active Academics*

# How do you find AA activities that fit your class?

The image shows a screenshot of the Active Academics website. The main header features the logo "Active Academics® Learning on the Move" and a navigation bar with links: "Welcome Derek! Log Out", "Materials & Equipment", "AA Featured", and "Recommended Resources". A sidebar on the left contains links for "COMMON CORE STATE STANDARDS INITIATIVE", "National Standards", "Tips for using Active Academics®", "faq's", "Physical Activity facts4u", "Administrator Area", "PA Benefits", and "PA Recommendations". The main content area displays a "Teacher Feature" with a photo of five children running. A search overlay on the right side of the page includes dropdown menus for "Grade Level:" (with "Select All" as the current selection) and "Content Area:" (with "Select All" as the current selection), a "Find Activity Ideas ★" button, and a "Submit an Activity Idea! >>" button. At the bottom, there is a section for the "Active Academics BLOG" titled "The Benefits of Free Play" dated "Jun 13, 2015", and a "view my favorites" section with a "NEW" badge and a red heart icon, accompanied by the text "Now you can save your favorite activity ideas and find them easier! Just click the red heart on the activity idea page. Click Favorites Now" and a "Find us on Facebook" link.

**Active Academics®**  
*Learning on the Move*

Welcome Derek! Log Out | Materials & Equipment | AA Featured | Recommended Resources

This site uses  
**COMMON CORE**  
STATE STANDARDS INITIATIVE  
www.corestandards.org

**National Standards**

Tips for using  
**Active Academics®**  
click here

**faq's**

Physical Activity  
**facts4u**  
Administrator Area

PA Benefits

PA Recommendations

**Teacher Feature**

Grade Level:  
Select All ▼

Content Area:  
Select All ▼

**Find Activity Ideas ★**

**Submit an Activity Idea! >>**

**Active Academics® BLOG**

**The Benefits of Free Play**  
Jun 13, 2015  
Lots of really great info coming soon.

**view my favorites** **NEW**

Now you can save your favorite activity ideas and find them easier! Just click the red heart on the activity idea page.  
**Click Favorites Now**

Find us on Facebook

When you find activities on  
**Active Academics®** you like...



**Print It!**

**Add to favorites!**





# So what do you need to know to be successful at integrating PA in your classroom?

Don't be afraid of it! You don't have to be a physical activity expert to get your kids moving!!

Utilize current high-quality resources for activity ideas

- All kids can participate most of the time
- All kids can be successful
- Choices are available (to meet a variety of skill and ability levels)
- No one is “on display”
- It has to be FUN!

# More Tips for Teachers on AA

Welcome Derek!  
[Log Out](#)

[Materials & Equipment](#) | [AA Featured](#) | [Recommended Resources](#)

[Find Activity Ideas](#) ★

[Submit an Activity Idea!](#) >>

This site uses  
**COMMON CORE**  
STATE STANDARDS INITIATIVE  
[www.corestandards.org](http://www.corestandards.org)

 **National Standards**

*Tips for using*  
**Active Academics®**  
[click here](#)

 **faq's**

 **Physical Activity facts4u**

**Administrator Area**

[PA Benefits](#)

[PA Recommendations](#)

[PA in the Schools](#)

[PA & Academics](#)

[PA Types](#) ▶

[PA & Obesity](#)

## Using Active Academics®

Active Academics® has been developed by teachers for teachers. It is designed to help teachers offer more activity opportunities for students while still teaching core content in the regular classroom environment. Teachers can use Active Academics® ideas for moving breaks throughout the day, to add activity to content area lesson or to give students a constructive recess or lunchtime activity.

Teachers can also contribute to the activity database and share those ideas that you have been using for years! We value the experiences of quality teachers and want this website to be a tool for sharing those great ideas.

Below you will find documentation that will help you get the most out of Active Academics®

-  [Movement Integrated in Active Learning](#)
-  [Classroom Energizers](#)
-  [Recess and Outdoor Unstructured Play](#)
-  [Large / Small Space](#)
-  [Equipment Needed](#)
-  [Classroom Management](#)
-  [Safety Tips](#)
-  [What Constitutes an Enjoyable Movement Experience for Children?](#)

You may also watch a video tutorial that explains how to use Active Academics®



# Questions??

Please contact us for more information at:

[eloise.elliott@mail.wvu.edu](mailto:eloise.elliott@mail.wvu.edu)

Learn more at [www.activeacademics.org](http://www.activeacademics.org)





# Walk, listen and learn:

Incorporating more movement into  
the school day.

Laura Fenn, MEd., Founder of:



# The Problem





A solution:

Walk  
Listen &  
Learn



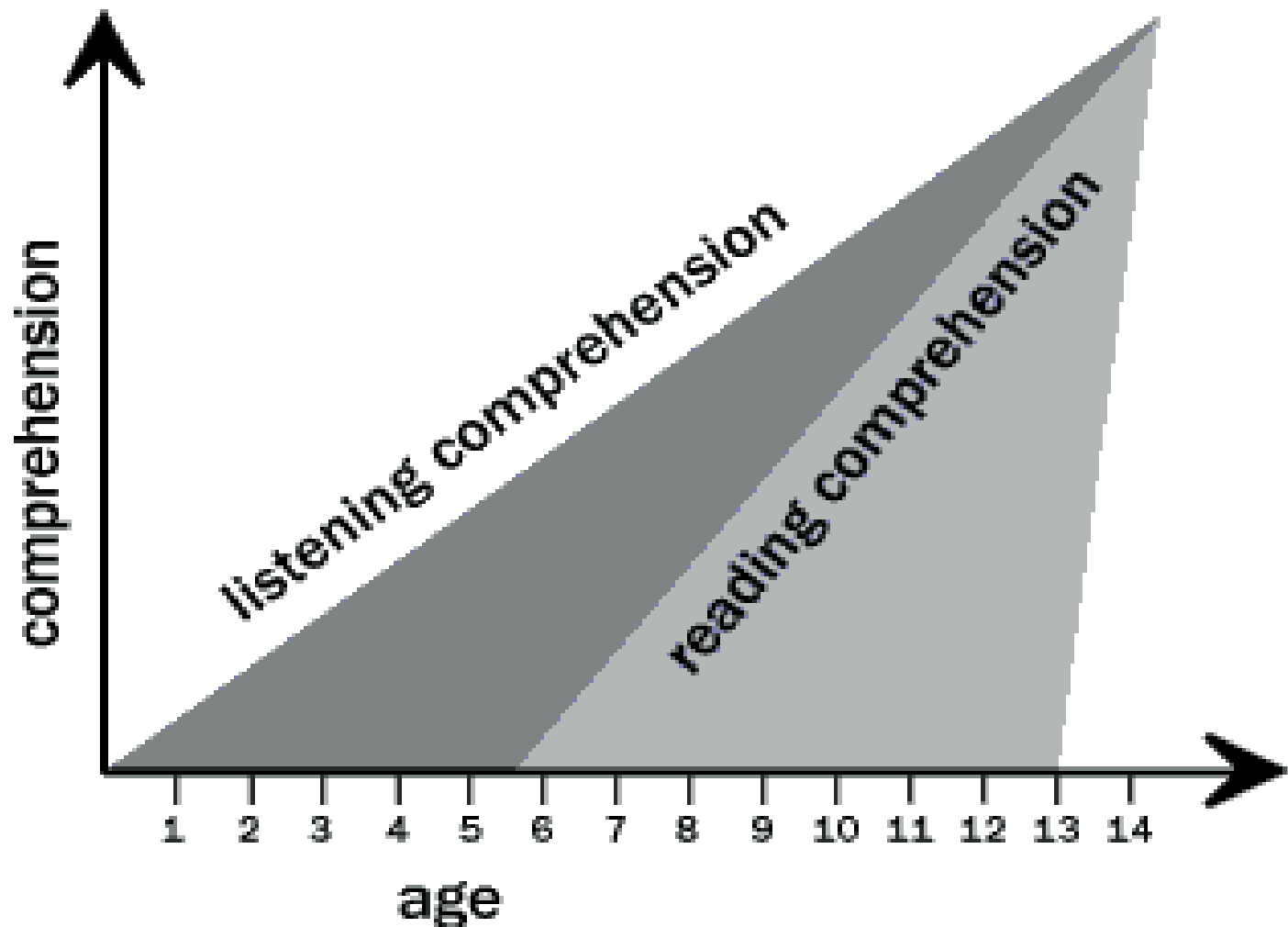
THE  
walking classroom®

walk. listen. learn.

Active Schools



# Children's listening comprehension outpaces reading comprehension until middle school\*



\*Source: Common Core State Standards for English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects, Appendix A: Figure 15.

# Walking Review:

- ❖ Create 3x5 cards with one “thick” review question per card
- ❖ Each student picks 2 questions from hat
- ❖ Students pair up and walk (preferably outside)
- ❖ While students walk, they discuss answers
- ❖ After 5 minutes, trade cards with another group
- ❖ Continue trading until time to come in
- ❖ Review questions as a group when return to class

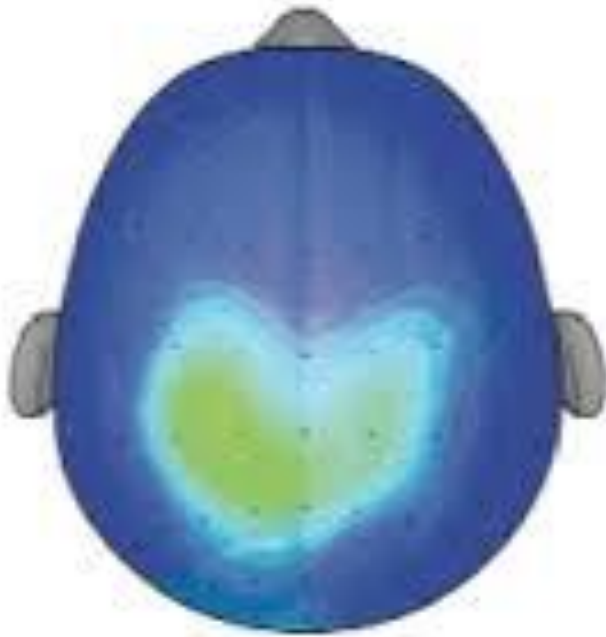


# Book Share:

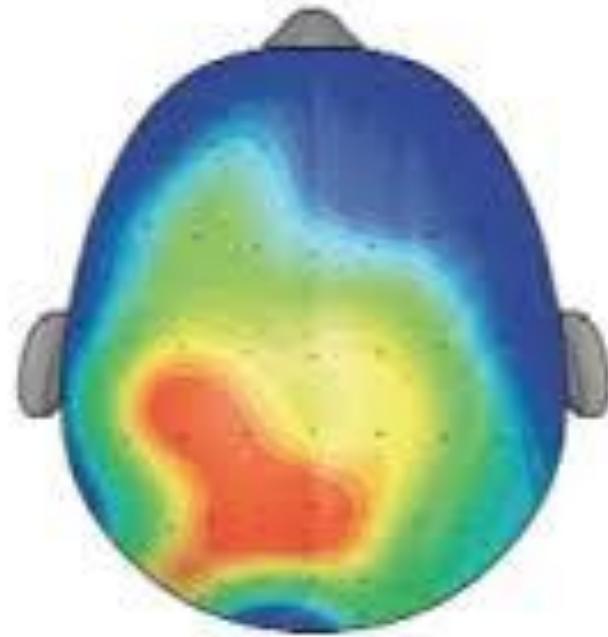
- ❖ Students are partnered up
- ❖ Student 1 gives a detailed summary of his/her book
- ❖ Student 2 asks “thick” questions about the plot, characters, themes, etc.
- ❖ Students switch roles - Student 2 gives summary and Student 1 asks questions
- ❖ When return to class, students present a brief summary of each others’ books
- ❖ Teachers can also extend the lesson by asking about the best “thick” questions that students heard during the walk and asking classmates for suggestions on how to turn thin questions into thicker questions



# Composite of 20 student brains taking the same test



After sitting quietly



After 20-minute walk

Research/scan compliments of  
Dr. Chuck Hillman, University of Illinois





Let me know how I can help!

Laura Fenn

919-240-7877

[Laura@TheWalkingClassroom.org](mailto:Laura@TheWalkingClassroom.org)

**Active** Schools



# Math & Movement: Integrating Physical Activity Into Classroom Instruction

**Suzy Koontz**

Math & Movement Founder & CEO



# Intentional, Rigorous Math Practice and Physical Activity Integrated into Classroom Instruction

- Active Math Movements
- Active Math Skip Counting
- Sit Down Math
- Tapping At the Table
- Hallway Math
- Math n' Yoga



# Let's Get Comfortable Moving!

## The Elephant March

1. Reach both arms out in front of your body, palms facing each other, thumbs up.
2. Turn your hands down, interlock your fingers, and scoop like an ice cream cone to create the elephant trunk.
3. Cross right foot over left. Whisper, "one."
4. Cross left foot over right. Whisper, "two."
5. Raise your elephant's trunk and say, "THREE!"



[Watch on YouTube](#)

# Tapping At The Table

Include cross-body movements while students are sitting at their desk!

This movement is called Criss-Cross Fours!



# Increase Learning Time: Hop in the Hallway!

## Transitioning In the Hallway!

Use the Hallway Math Activities

Sensory Pathways

Learning Hallways

Combine Learning Math and Reading with the Sensory Paths!





# Common Concerns: Why Movement Cannot Be Added To Lessons

- I like the idea of “waking up” students, but doesn’t movement produce an “out of control” class?
- My day is already packed! How am I supposed to add in *more*?
- Movement-based activities only work one-on-one or in small groups, not with a whole class.

# Why Should You Integrate Physical Activity into Classroom Instruction?

- Students learn about 5x faster when movement is incorporated
- Increases student engagement
- Win/win because both teachers and students are energized!
- Two Inspiring Success Stories!

# WHAT IS MATH & MOVEMENT?

Math & Movement is a **kinesthetic, multi-sensory** approach to teaching math that incorporates **physical exercise, stretching, cross-body movements, yoga, and visually-pleasing** floor mats designed to encourage students to practice math.



## FAMILY ENGAGEMENT



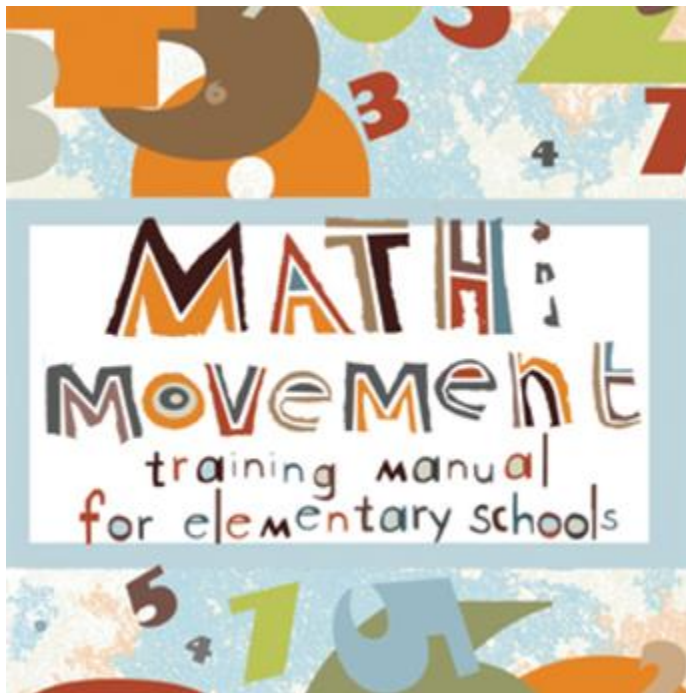
## TEACHER MATERIALS AND TRAINING



## LEARNING HALLWAYS FOR MATH AND ELA



# I WOULD LOVE TO SHARE THE MATH & MOVEMENT TRAINING MANUAL WITH YOU



I will share ideas from this book for integrating physical activity during the school day.

Click [here](#) to get a free ebook of the Math & Movement Training Manual.

[Watch on YouTube](#)



# Thank You!

Any questions?

[info@mathandmovement.com](mailto:info@mathandmovement.com)

Fill out [this form](#) for your free Math & Movement ebook!

Please see the data on the website.

[www.mathandmovement.com](http://www.mathandmovement.com)

# Q&A

Please type any questions for Eloise, Laura or Suzy in the Q&A feature





# Thanks for joining Integrating Physical Activity into Classroom Instruction

**Eloise Elliott, Active Academics**  
**Laura Fenn, The Walking Classroom**  
**Suzy Koontz, Math & Movement**

**UP NEXT: Physical Activity in the Classroom:  
Get Kids Active with Free Brain Boost Videos  
Thursday, January 23, 3-3:45pm ET /  
2-2:45pm CT / 1-1:45pm MT / 12-12:45pm PT**