Physical Education Teachers Can Influence and Support Classroom Physical Activity

Aaron Hart, OPEN
Tanya Peal, Soaring Heights PK-8, Erie, CO
Megaera Regan, Manorhaven Elementary, Port Washington, NY
Travis Perigo and David Wilkie, Boiling Springs Intermediate School, Spartanburg, SC

Thursday, January 23
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: Aaron Hart, OPEN
• Guest Speaker: Tanya Peal, Soaring Heights PK-8
• Guest Speaker: Megaera Regan, Manorhaven Elementary
• Guest Speakers: Travis Perigo and David Wilkie, Boiling Springs Intermediate School
• 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
Aaron Hart
OPEN
Why advocate for classroom-based physical activity?

Because we care deeply about the success and healthy development of our students.
Why advocate for classroom-based physical activity?

Positive Impact on:
• Academic Behaviors
• Emotional Regulation
• Overall Health

Benefits (for students and teachers)
As Physical Educators, what are 3 things I can do to help advocate for Active Classrooms?

1) Lead by example.
2) Know your stuff.
3) Build bridges and tunnels.
Resources for Active Classrooms: Where To Get Started

VISIT THE ACTIVE SCHOOLS WEBSITE!
https://champion.activeschoolsus.org/active-classrooms

VISIT SPRINGBOARD TO ACTIVE SCHOOLS
https://champion.activeschoolsus.org/active-classrooms
Contact Info

Aaron Hart
Executive Director
OPEN
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https://openphysed.org
Tanya Peal
Soaring Heights PK-8, St Vrain Valley School District
Erie, CO
How can PE teachers support classroom teachers with PA in their classroom?

Tanya Peal
Soaring Heights Pk-8
Elementary P.E. Specialist/ Movement Coordinator
- **Educate** teachers about “Why” physical activity in the classroom is so important?

- **Train** teachers how to move their students

- **Give** teachers resources to use in their classroom
Educate Teachers

Host a Spark Book Study for PD credit
Educate Teachers

**Active Living Research – Research Brief**
- Give teachers news brief as a good reminder how important it is to get students moving

Take the time to get students moving-
- Students will be more productive and happier if they do!

- Even a 2-3 min. break is better than none 😊
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

21% decrease in teachers’ time managing behavior

13% increase in students’ physical activity for the week

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%

Train Teachers

Encourage teachers to plan intentional movement breaks
- When is the best time to have PA breaks in their schedule?
- How are they going to get your students to move?
Train Teachers

PE Teachers know how to move kids...

Show teachers how to get students moving in their classroom

- Transition to PA break from learning
- Expectations when moving
- Transitions back to learning
Give Resources

So many great resources...

- Send out weekly email of PA activities teachers can try each week.

- Create a physical activity calendar of activities and links.

- Avoid burnout - have consistency but a variety of activities.

- Avoid burnout - change up activities for different grade levels.
# Physical Activity Calendar Example

**February 2020**

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<td>Waka Waka - Just Dan</td>
<td>You Can't Touch This</td>
<td>Rock Paper Scissors</td>
<td>NFL Team Challenge</td>
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<td>I'm Still Standing - Just</td>
<td>Cardio Hot Spots</td>
<td>Balloon Volleyball</td>
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<td>Minute Masters</td>
<td>Freeze Dance</td>
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**Active.Schools**
Thank you!

Contact Info:

Tanya Peal
Soaring Heights PK-8
Elementary P.E. Specialist/ Movement Coordinator

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Megaera Regan
Manorhaven Elementary
Port Washington Union Free
School District, NY
Manorhaven Elementary School

“We like to move it, move it!”
How did we do it?
Build Relationships With Staff

• Get to know the people you work with.

• Go to lunch in the faculty room.

• Chat in the hallways, and when students are dropped off and picked up.

• Get out of the gym.

• Go to school social events.
Do Your Research (and share it!)

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

SPARK
THE REVOLUTIONARY NEW SCIENCE OF EXERCISE AND THE BRAIN
JOHN J. RATEY, MD
Supercarco Your Mental Circuits to Beat Stress, Sharpen Your Thinking, Lift Your Mood, Boost Your Memory, and Much More
with ERIC HAGERMAN

THE BRAIN LOVES EXERCISE
Noradrenalin release improves attention, perception & motivation
Endorphin release dulling pain-sensation
Brain-derived neurotrophic factor release protects &repair neurons
Brain cells grow Mood regulation Mental clarity
Hippocampus grows over time with exercise Improved learning ability & memory
Deaminase release improves motivation Focus & learning

brain rules
12 Principles for Surviving and Thriving at Work, Home, and School
JOHN MEDINA

NEW YORK TIMES BESTSELLER
UPATED AND EXPANDED

“Words leap off the page.” — USA Today

Active.Schools
Find The Champions

• Gather your crew. (This includes your administrator!)

• Enlist their help to try things out.

• Support their work.

• Together, share with the rest of the staff.
Start Small and Simple

• Run school-wide events
• Lead assembly movement breaks
• Offer extra time in the gym
• Introduce Free Play Fridays
• Introduce GoNoodle
Support the Staff

- Pre-teach the students.
- Push into the classrooms.
- Ask to be on the agenda at staff and faculty meeting.
- Offer professional development.
- Be available.
- CELEBRATE accomplishments.
In Summary:

• Relationships
• Research
• Champions
• Simple
• Support

And Finally - CELEBRATE MOVEMENT!
Contact Info

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Travis Perigo and David Wilkie
Boiling Springs Intermediate School
Spartanburg County School District Two, SC
Why do we have students sit in a desk?
Active Classrooms
Contact Info

Travis Perigo
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David Wilkie
david.wilkie@spart2.org
Boiling Springs Intermediate School
Thanks for joining Physical Education Teachers Can Influence and Support Classroom Physical Activity

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UP NEXT: District-Wide Commitment to Classroom Physical Activity and School Movement Labs: The Alief Independent School District Story
Thursday, February 6, 3-3:45pm ET / 2-2:45pm CT / 1-1:45pmpm MT / 12-12:45pm PT