



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**

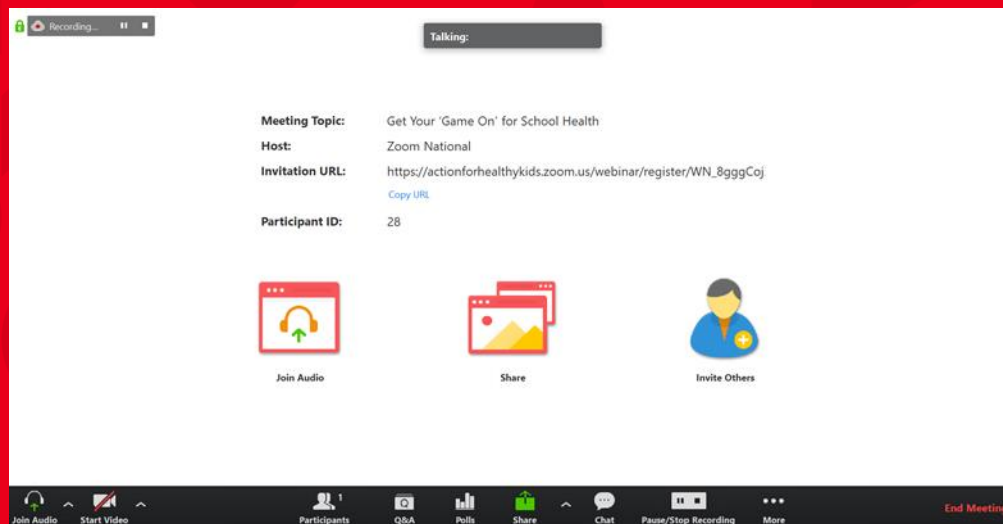
Thursday, January 23

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.

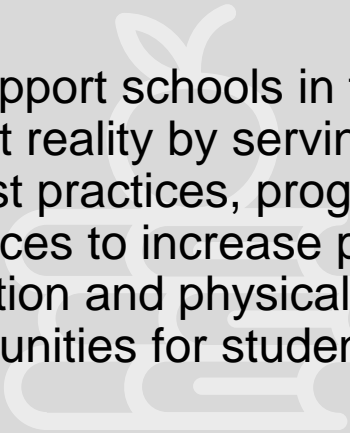


A Vision That Kids Deserve

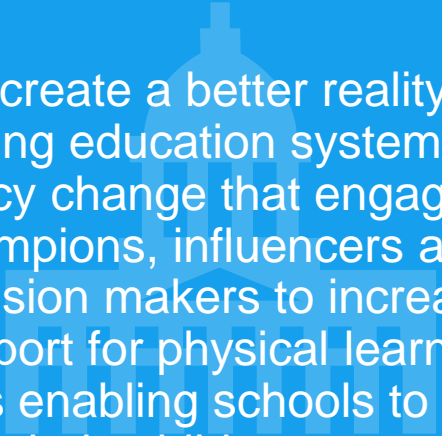
Reimagine school environments to provide opportunities for academic, social-emotional *and* physical learning so that all children have the ability, confidence and desire to lead active, healthy lives.



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

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, arranged in a somewhat random but rhythmic fashion.

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

ahart@usgames.com

<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?

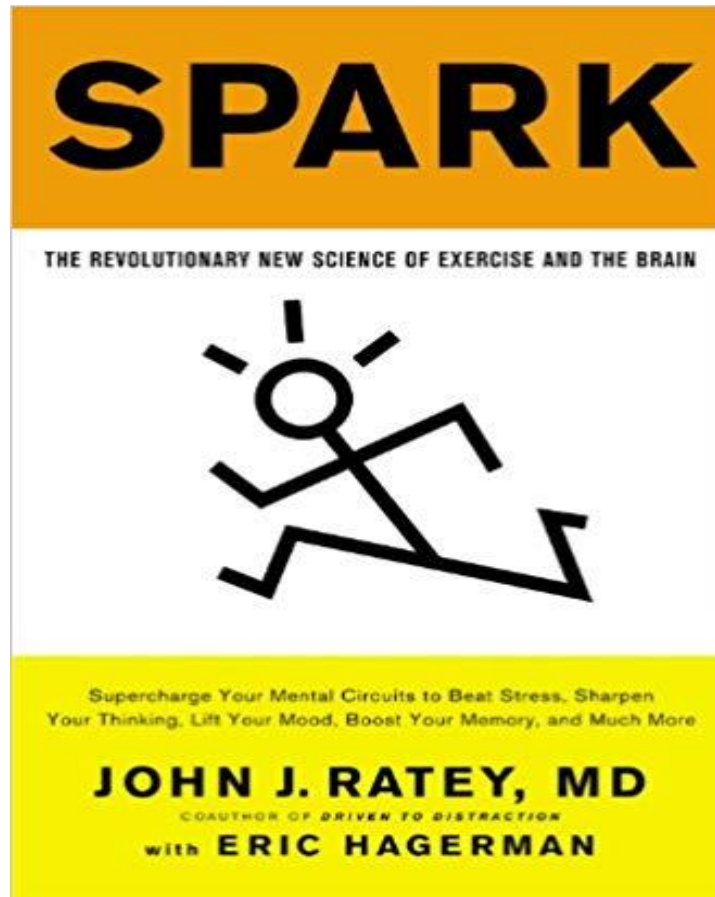
Tanya Peal
Soaring Heights Pk-8
Elementary P.E. Specialist/ Movement
Coordinator



- **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

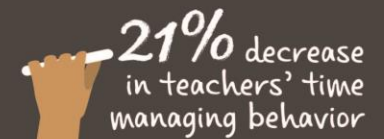
GRADES:



STANDARDIZED TEST SCORES:

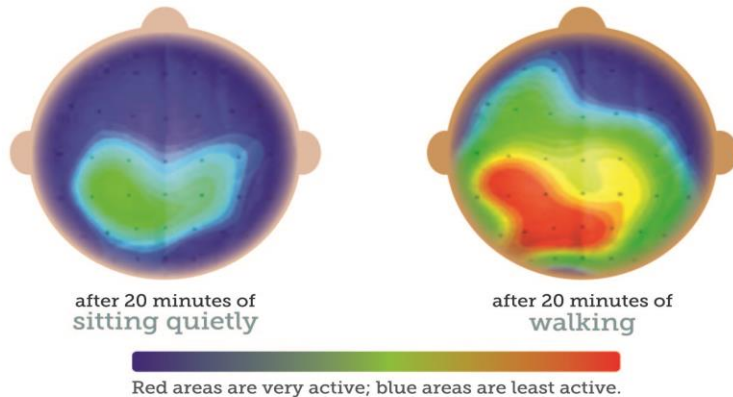


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



physically active kids have more active brains

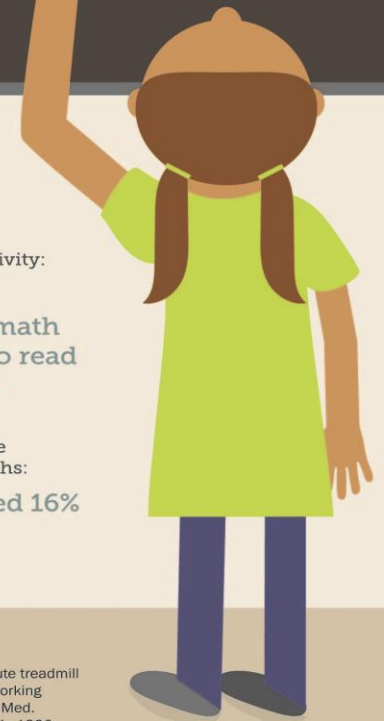
BRAIN SCANS OF STUDENTS TAKING A TEST:



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-Larson 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.

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

<div> Today < > February 2020 <div> <div> </div> <div> </div> <div> </div> <div> Month </div> <div> </div> </div> <div> ST. VRAIN </div> </div>						
SUN 26	MON 27	TUE 28	WED 29	THU 30	FRI 31	SAT Feb 1
	Bean Bag Hockey Waka Waka - Just Dan	Stars Tabata You Can't Touch This-	Never Give Up - Refit F Rock Paper Scissors	Bring Me Up Sally Plar NFL Team Challenge	Teacher / Student Cho	
2	Task Master Waka Waka - Just Dan	I'm Still Standing- Just Thunder Tabata	Cardio Hot Spots Never Give Up - Refit F	Balloon Volleyball Bring Me Up Sally Pus	Teacher / Student Cho	8
9	Bean Bag Hockey Class Exercise Circuits	Freeze Dance Rock That Body - Taba	Rock, Paper, Scissors Waka Waka - Just Dan	Bring Me Up Push-Up/ Fit Stick Fun	No School	15
16	No School	Thunder Tabata	Cardio Hot Spots Good Feeling- GoNooc	Bring Me Up Push-up / Task Master	Teacher / Student Cho	22
23	Fit Stick Fun Waka Waka - Just Dan	Class Exercise Circuits Rock That Body - Taba	Bean Bag Hockey Minute Masters	Bring Me Up Push Up / Freeze Dance	Teacher / Student Cho	29

Thank you!

Contact Info:

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

peal_tanya@svvsd.org

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?

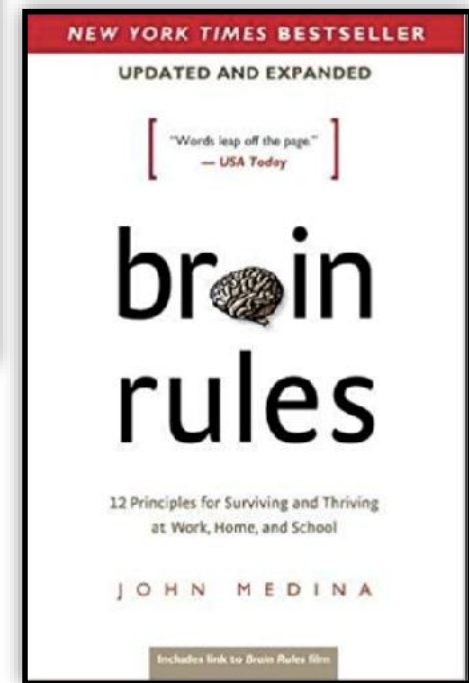
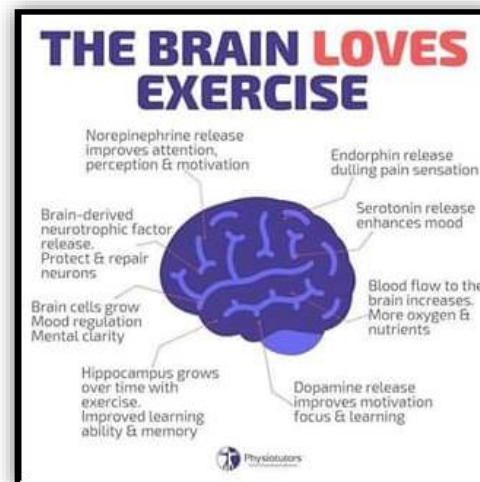
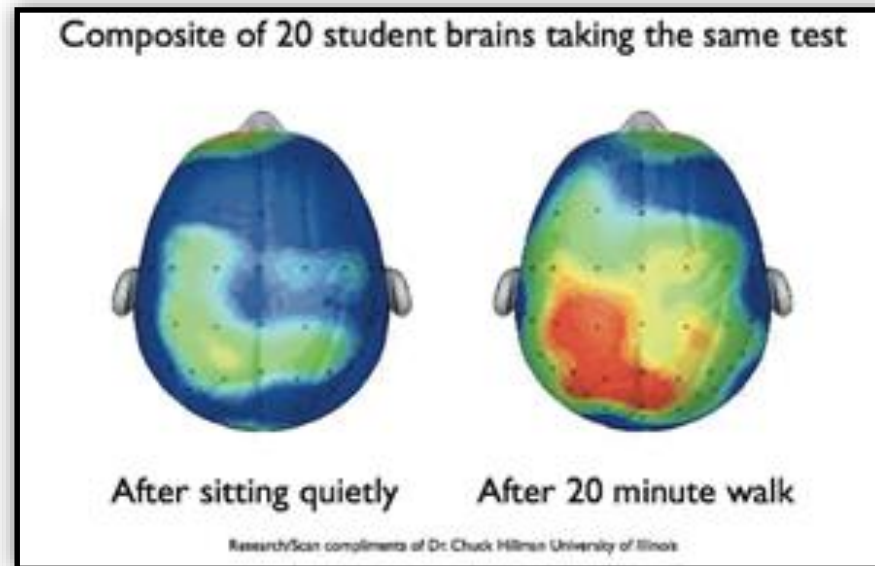
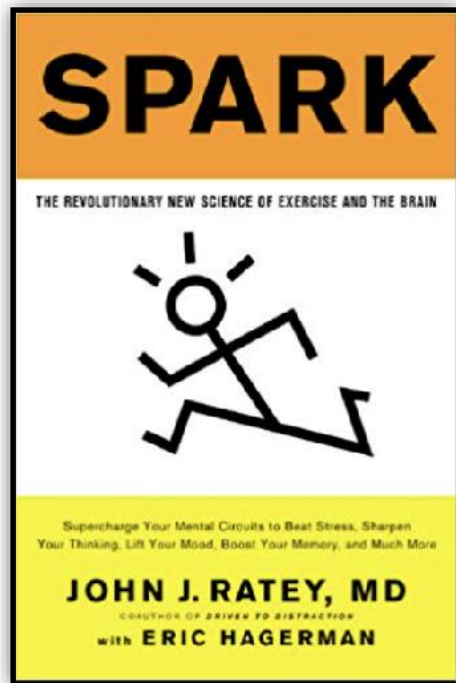


Build Relationships With Staff

- 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!)



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.



Principal Support



GoNoodle



Daily Mile



Action Based Learning



Sensory Hallways

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

Megaera Regan
Manorhaven Elementary
mregan@portnet.org

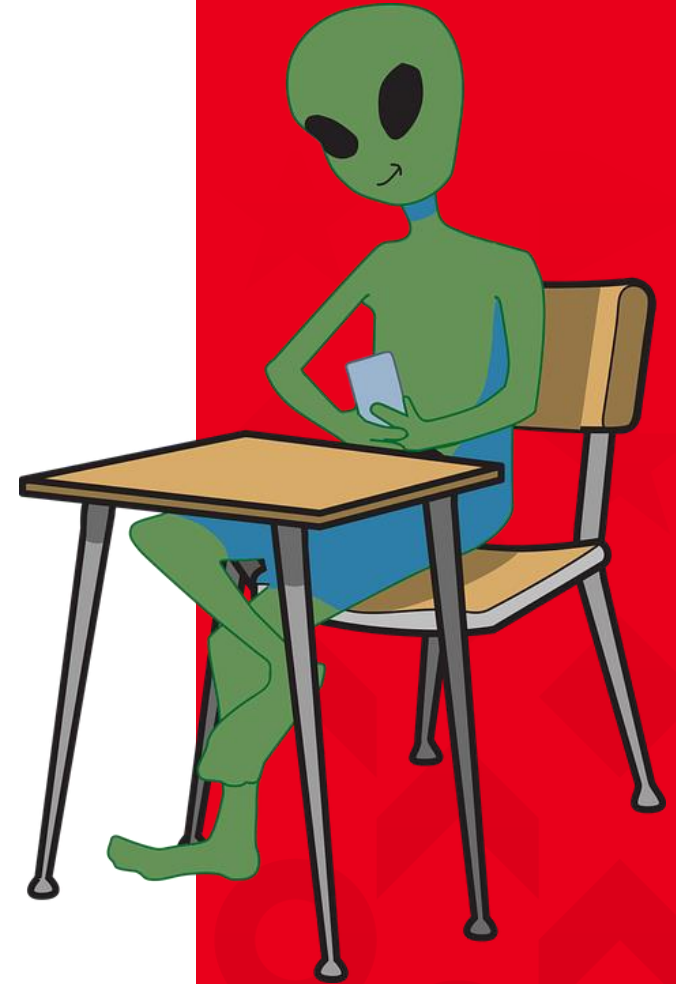
Travis Perigo and David
Wilkie

Boiling Springs Intermediate
School

Spartanburg County School
District Two, SC



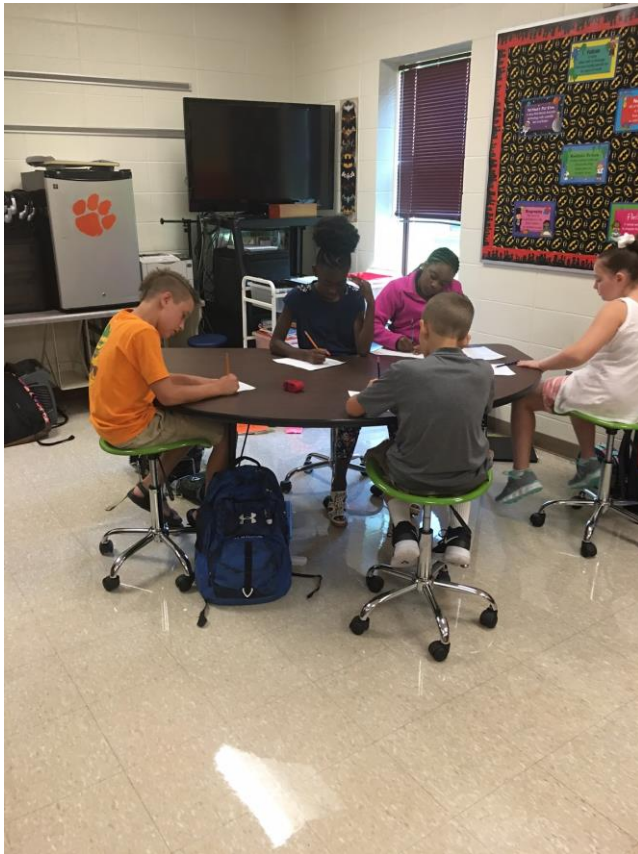
**Why do we have
students sit in a desk?**



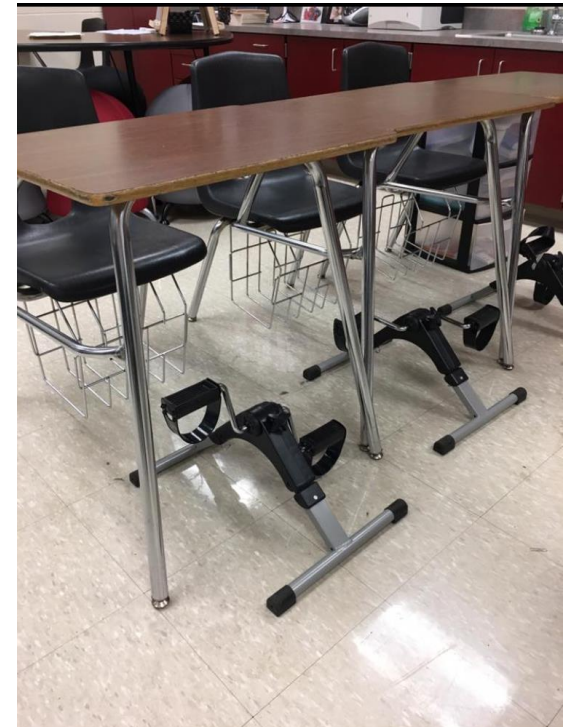


Active Classrooms









Active Brains Lab









Contact Info

Travis Perigo

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David Wilkie

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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 / 1-1:45pm MT / 12-12:45pm PT**