District-Wide Commitment to Classroom Physical Activity and School Movement Labs: The Alief Independent School District Story

Kelley Sullivan
Courtney Grass
Cheryl Williams
Leslie DeRuiter

Thursday, February 6
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 Speakers: Kelley Sullivan, Courtney Grass, Cheryl Williams, Leslie DeRuiter
• 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 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
Alief in Action

The Kinesthetic District Road Map
HEALTHY
ACTIVE
KIDS
MAKE
BETTER
LEARNERS!

Active.Schools
This is Alief

- The district encompasses 36.6 square miles
- It was founded in 1917
- 46,000 plus student enrollment
- 46 campuses
- 86% of students on Free or Reduced Lunch
- Over 86 languages spoken in Alief community
Action Based Learning District Plan

Leaders Learn
- Attended training with Jean Blaydes and Eric Jensen and learned about ABL concept
  - Read articles
  - Sent 4 people to certified training

Movement During School Day
- Morning movement
  - Brain Boosters
  - Emphasis on keeping recess

Research and Broadcast
- Met with Superintendent Principals’ Meeting
- Visited labs in other districts

Budget Request

Planning
- Met with interested Principals
- Committed to set of agreements
- Met with campus lab facilitators

Teacher Training
- On campuses with labs
  - Alief U – Teacher Induction Program

Expansion
- Added classroom furniture
- Promoted the concept
- Collected data
- Buy in and wants exploded

Future Plans
Patience is Key
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Future Plans

Active.Schools
Learning About the Concept
ABL Master Trainers
ABL Certified Trainers

The Kinesthetic Classroom: “Teaching & Learning Through Movement”

Port Washington
New York
August 1st-4th

Active Schools
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Future Plans
Morning Activity
Time
Recess is Important
Classroom Implementation: Elementary
Classroom Implementation: Secondary

Plate Boundaries Practice
Convergent, Divergent, Transform
MTV, RR, EQ
Divergent

Active.Schools
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Future Plans
Visited Labs in Other Districts

Reading Group with Full ABL

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Reading Group with No ABL Supplement

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<td>November-14</td>
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Action Based Learning: Learning Through Movement

What Principals Should Know About the Power of Movement and Learning
Met with Superintendent
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Future Plans
Request for Funds

- Pilot Program
- Start Small
- Planning Time
- Get Buy in
Budget Notes

Determine how much (if any) you have
Set goals
Find free or low cost items

DON’T LET BUDGET CONCERNS STOP YOU!
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**Future Plans**
Met with Interested Principals
Non-negotiables vs Flexibility

**Action Based Learning Campus Implementation Plan**

**Year One**

1. **Initiate conversations about ABL with key campus staff including other administrators and leadership team members.** Determine needs and goals of the campus.

2. **Look at available space on a campus. Are labs appropriate or do we need to do in classroom labs/materials/furniture.**

3. **Determine where labs will be and who will be in charge.**
   *(Alief data shows that there is increased implementation when an entire staff or content team is trained at the same time.)*

4. **Determine which groups will use the lab. Commit to 3 days per week for select groups and use the lab with fidelity. A minimum of 2 x per week is required for results. Not all classes have to come – start small.**

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5. **Provide staff wide training on the benefits of action based learning and the expectations for use. Must ensure buy-in from leadership team and staff.**

6. **Determine what data your campus will use for comparison.**
   - Offense data
   - Attendance
   - Sight words
   - DCA, CCA
   - Multiplication tables
   - Other

7. **Purchase necessary ABL materials and equipment.**

8. **Provide training on lab procedures to teachers on the campus.**

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9. **Campus sends in schedules so administrators can plan visits early in the year.**

10. **Teachers incorporate “Brain Boosters in classrooms on a regular basis.**

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**Focused Follow-Up Sessions:**
- Incorporating academics in the lab
- Teaching using movement in the classroom
- Station variety in labs
Met with Lab Facilitators for Implementation
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Future Plans
Campus Teacher Training

- This was a non-negotiable
- Teacher buy in crucial for success
Teacher Induction Program

• Key to buy in and expansion
• 14 hours of required professional development for all teachers new to the district
• Have trained about 2400 teachers over the last 6 years
Where are we Now?

- 35 labs on 22 campuses
- Kinesthetic furniture at all Secondary Campus Learning Centers
- Flexible Seating at most campuses
- Over 3000 staff trained on ABL
Designing New Learning Environments With New Seating Options
Interventions
What a Great Way to Start the School Day in the Library
Full Day PK

- ABL time built in to the daily schedule
- Working on physical foundational skills – balance, spinning, crawling, coordination, etc…
- Adding academics this semester
Key Points

Patience is key!

Passionate ambassadors

Buy in from leaders

Creative budgeting

Teacher training!
Data
Heflin Elementary

**Early Bird** Action Based Learning group - office referrals on days students participated in Early Bird Group in ABL lab.

75%
## Intervention Data

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Elementary Data

4th grade classes
Red class attended lab 5 times prior to DCA test
Green class attended lab 19 times prior to DCA test
While in the lab students worked on math facts.
Martin Elementary Math Data

December Math DCA - 2nd grade

Blue Class - teacher uses ABL as part of the daily routine including regular lab attendance.

Red Class - minimal ABL is used within the daily routine & no regular lab attendance.
Art Class Stand Up Desk Data

Stand up Desks

Out of 25 students

- grade same (1)
- grade decrease (2)
- grade increase (22)
Crossroads Referral Data
Number of Referrals

- Aug-Dec 2013: 886
- Aug-Dec 2014: 347
- Aug-Dec 2015: 562
- Aug-Dec 2016: 472
- Aug-Dec 2017: 237
- Aug-Dec 2018: 417
- Aug-Dec 2019: 226
Thanks for joining District-Wide Commitment to Classroom Physical Activity and School Movement Labs: The Alief Independent School District Story

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UP NEXT: Exploring Social-Emotional Learning Through Movement: A Win-Win
Tuesday, February 11, 3-3:45pm ET / 2-2:45pm CT / 1-1:45pm MT / 12-12:45pm PT