



# Active Classrooms 101

## Active Classrooms Month

February 3, 2021

*National Collaboration to Promote Health, Wellness, and Academic Success of School-Age Children*  
Cooperative Agreement CDC-RFA-DP16-1601 with the Centers for Disease Control and Prevention (CDC).





# Active Classrooms Month

#ActiveClassrooms FEBRUARY 2021



## Touch Blue

Ask students to touch something with a certain attribute (e.g., "touch blue" - and students touch something blue in their setting). Other ideas: "touch something cold," or "touch something that makes you happy." Students can move around their space and off screen, but they should be able to hear the next instruction. Wait 10 seconds between instructions so the game moves quickly. If a participant cannot find an item during any of the rounds, provide them with an alternative physical activity (e.g., march in place, stretch, high knees, etc.).



**TIP:** Tie in concepts from lessons being taught (e.g., science – touch something recyclable). Then, have students debrief what they touched.

# Energizer: Touch Blue



# Today's Objectives

---



1. Define classroom physical activity
2. Describe the benefits of classroom physical activity
3. Identify national guidance, strategies, and resources
4. Outline considerations





How were you physically active in school?



# Building a Culture of Physical Activity



Classroom  
physical  
activity

**Active Students = Better Learners**

[www.cdc.gov/healthyschools/PEandPA](http://www.cdc.gov/healthyschools/PEandPA)



# What is classroom physical activity?

A photograph of four children running happily down a school hallway. The hallway has red brick walls and a wooden door on the left. The children are wearing backpacks and casual clothing. The image is overlaid with several text boxes.

Active learning

Active classrooms

Brain boosters

Energizer

Movement integration



# What is classroom physical activity?

A photograph of four children running happily down a school hallway. The hallway has red brick walls and a wooden door on the left. The children are in the foreground, running towards the camera. The boy on the far right is wearing a yellow and grey striped shirt and has a backpack. The girl next to him is wearing a pink shirt. The girl next to her is wearing a blue polka-dot shirt. The boy on the far left is wearing a white shirt. They are all smiling and running. A white text box with a black border is overlaid on the middle of the image.

Any physical activity done in the classroom



# What is classroom physical activity?

A group of diverse young children are running and playing in a school hallway. They are wearing backpacks and casual clothing. The hallway has red brick walls and large windows in the background. The children are smiling and appear to be in motion.

Takes place at any time

Occurs in one or several brief periods

Occurs at all school levels

In addition to PE and recess

# Approaches to classroom physical activity

A group of children in a classroom are stacking their hands in a circle, with their arms reaching up. The background shows a green chalkboard with some papers pinned to it. The children are wearing various clothing, including a green shirt and patterned sleeves.

Integrated into planned academic instruction

Outside planned academic instruction

## Better Learners

- Concentration
- Motivation and engagement
- Academic performance

# Classroom Physical Activity

## Better Health

- Daily physical activity
- Strength and endurance
- Better self esteem
- Improved mental health

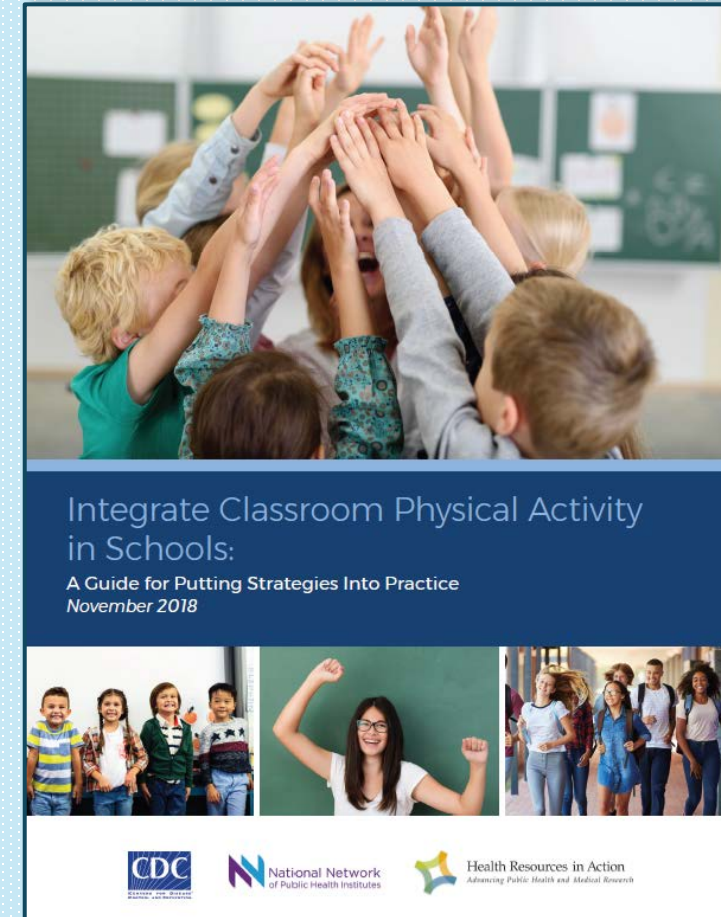
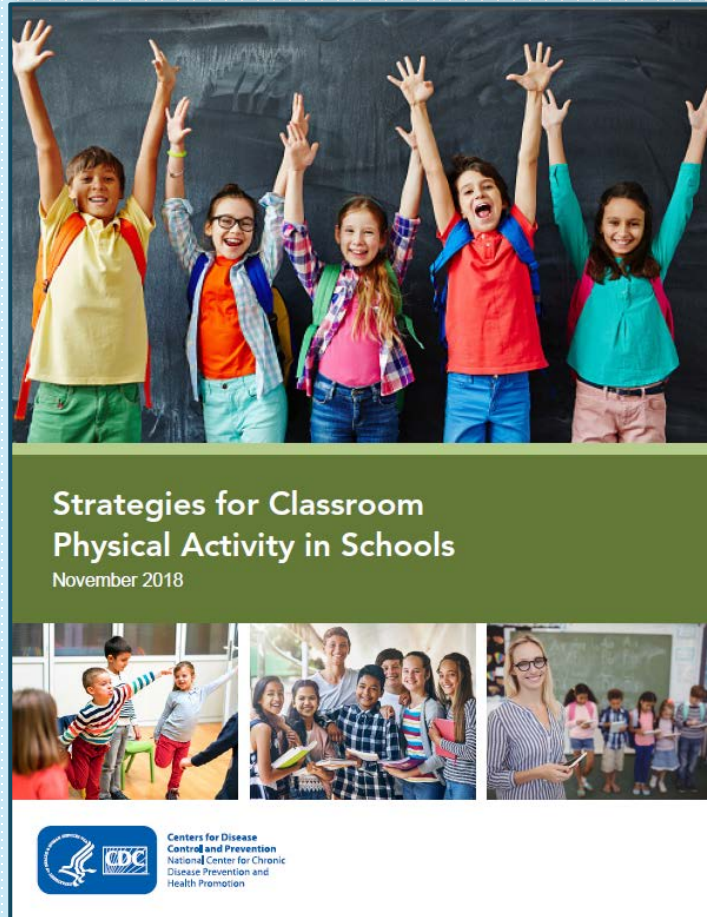
## Better Behaviors

- On-task
- Less disruptive
- Fewer disciplinary incidents





# Classroom PA Guidance



# STRATEGIES FOR Classroom Physical Activity in Schools

## Build Buy-in and Provide Training for Classroom Physical Activity

1. Identify who to engage and how to involve them in planning for classroom physical activity.
2. Identify what classroom physical activity policies and practices currently exist.
3. Provide professional development or in-service training on classroom physical activity.

## Create Classroom Environments Supportive of Physical Activity

4. Identify approaches to incorporate classroom physical activity.
5. Identify opportunities and appropriate times for classroom physical activity.
6. Identify materials, technology, and resources to promote classroom physical activity.
7. Identify ways to create and use classroom space for classroom physical activity.
8. Ensure that classroom physical activity is appropriate and safe for all students by setting and communicating safety and behavioral expectations

## Collect and Share Information About Classroom Physical Activity Experiences

9. Collect information on classroom physical activity.
10. Share successes, challenges, and lessons learned from classroom physical activity.

## Vote with Your Feet

Post around the classroom signs that say: yes, no, true, false, agree, and disagree.

Depending on the day's lesson, ask students to answer questions by going to stand by the sign that best reflects their answer. If applicable, ask students to elaborate their answers. Be sure to remind students to stand at least 6 feet apart.



**TIP:** If there is space in the classroom, ask students to actively move (e.g., hop, skip, etc.) to their answer choice.

Alternatively, instead of signs around the classroom, use movement to indicate the response. For example, do arm circles if you think A; stretch overhead if you think B; give yourself a big hug if you think C).

## Vote with Your Feet

Topic: Classroom Physical Activity National Guidance

To answer True, do forward arm circles.

To answer False, crisscross your arms over and under each other





# NEW resources



1



## Considerations for classroom physical activity during COVID-19

2

## Classroom physical activity ideas and tips



# Four Key Considerations



## Considerations for classroom physical activity during COVID-19

Physical activity should be integrated into classroom instruction, whether the classroom is virtual or in-person, while physically distanced. The link between academics and health has become even more apparent during COVID-19.<sup>1,2</sup> As schools determine how they will reopen, it is important that schools continue to provide opportunities for students to be physically active throughout the school day, regardless of the instruction format.

### Physical Activity during the school day promotes:

- **Physical health and wellness** by increasing the amount of time students are active and limiting the amount of time they are sitting;
- **Academic performance** by improving concentration, on-task behaviors, and test scores; and
- **Social emotional health** by increasing motivation and enjoyment of learning, reducing stress, anxiety, and social isolation brought on by COVID-19, and decreasing behavioral problems.

Classroom physical activity is one strategic approach to promote active learning and support students in achieving the recommended 60 minutes of physical activity per day.

This document provides district and school administrators, teachers, and caregivers and families with practical ideas to safely and equitably incorporate classroom physical activity to promote a culture of active engagement and learning.

<sup>1</sup> Loades et al. Rapid systematic review: The impact of social isolation and loneliness on the mental health of children and adolescents in the context of COVID-19. *J Am Acad Child Adolesc Psych.* 2020; preprint.

<sup>2</sup> Dorn E, Hancock B, Sarakatsannis J, Viruleg E. COVID-19 and student learning in the United States; the hurt could last a lifetime. Retrieved July 4, 2020.

1. Create a culture of physical activity
2. Ensure approaches are equitable and inclusive
3. Adhere to health and safety protocols
4. Follow national guidance







**Active Classrooms Month**

## Webinar Series

### **Integrating Movement into Classroom Culture**

**Wed Feb 10**  
3:00 - 3:30 PM ET

### **Active Classrooms 101**

**Wed Feb 3**  
3:00 - 3:30 PM ET

### **Integrating Movement for All**

**Mon Feb 8**  
3:00 - 3:30 PM ET

### **Integrating Movement into Your Language Arts, Science, and Social Studies Lessons**

**Wed Feb 17**  
3:00 - 3:30 PM ET

### **Integrating Movement into Your Math Lessons**

**Wed Feb 24**  
3:00 - 3:30 PM ET



Visit [www.activeschoolsus.org/campaigns](http://www.activeschoolsus.org/campaigns) to save your spot

FEBRUARY 2021 | #ActiveClassrooms





**Active Classrooms Month**

**LIVE**

**Physical Activity Boosts**



hosted by  
**PLYOGA**

**Tues Feb 2**  
1:00 - 1:10 PM ET

hosted by  
**Les Mills**

**Tues Feb 9**  
1:00 - 1:10 PM ET

hosted by  
**PowerUp Fitness**

**Tues Feb 16**  
1:00 - 1:10 PM ET

**CELEBRATION**  
hosted by  
**Hip Hop  
Public Health**

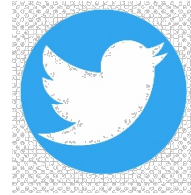
**Tues Feb 23**  
1:00 - 1:20 PM ET

Visit [www.activeschoolsus.org/campaigns](http://www.activeschoolsus.org/campaigns) to join

FEBRUARY 2021 | #ActiveClassrooms

# Thank you! Connect with us

**Kate Holmes**  
[kholmes@nnphi.org](mailto:kholmes@nnphi.org)



[@Springboard2AS](https://twitter.com/Springboard2AS)



[@SpringboardtoActiveSchools](https://www.pinterest.com/SpringboardtoActiveSchools)



[www.schoolspringboard.org](http://www.schoolspringboard.org)

