

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

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Objectives

Participants will:

- have a better understanding of how to add movement to reinforce content standards in language arts, science, and social studies
- feel more prepared to integrate physical activity into the classroom or home lessons
- have increased knowledge of the Active Academics web-based resource and how to use it

Comprehensive School Physical Activity Programming Framework (CSPAP)

Building a Culture of Physical Activity



Classroom
physical activity

Active Students = Better Learners

www.cdc.gov/healthyschools/PEandPA



Comprehensive School Physical Activity Programming Framework (CSPAP)

Building a Culture of Physical Activity



Classroom
physical activity

Integrating
movement into
planned academic
instruction

Active Students = Better Learners

www.cdc.gov/healthyschools/PEandPA

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www.activeacademics.org

Why do we need Physical Activity in the classroom and throughout the school day?

- Better learners
- Better health
- Better behaviors

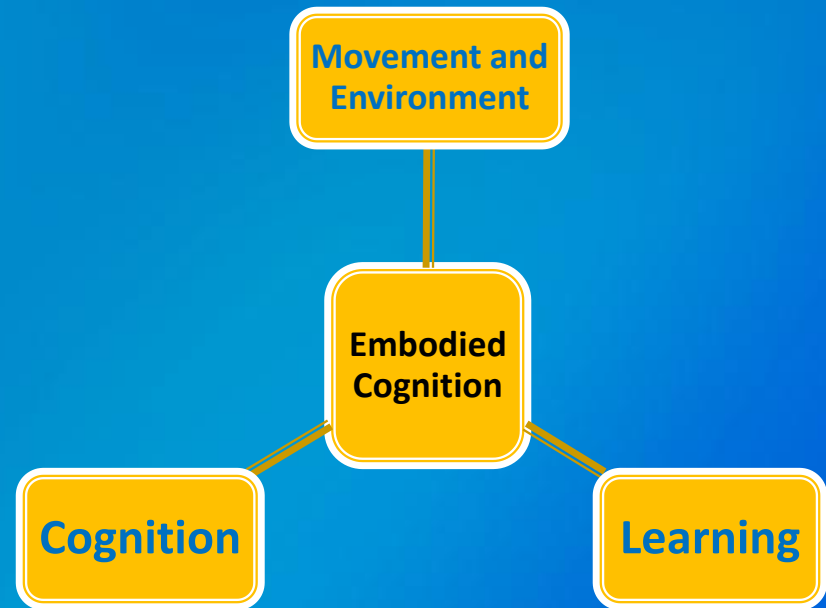


Standards-Based Movement Activities

- Subject matter specific – reinforces content being taught or reviewed
- Can be added to most any lesson (often times without any required extra equipment or prep)
- Short instructions – Maximum Movement

2 Ways to integrate movement in content lessons

- Physical activity as a supplement to the lesson
 - Ex. Doing jumping jacks during a math lesson
- Physical activity as a means to teach and/or retain academic content
 - Ex. Create math angles with the body



Highly integrated and relevant movement in the lesson

- General Outcomes:

- improvements in memory performance
- cued recall
- Comprehension
- learning retention
- testing scores
- on-task behavior
- enjoyment

Standards-based lessons easily enhanced by movement

- **Language Arts**

- Vocabulary acquisition, reading comprehension

- **Science**

- Life science, earth and space science

- **Social Studies**

- State, country, world history and places

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!



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


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 Academics: A Web-Based Resource to Increase Physical Activity

Language Arts: Vocabulary Balloons

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Vocabulary Balloons

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Suggested Grade Level(s): 4, 5

Content Standard(s):

4 - Reading/Language Arts
Phonics and Word Recognition | RF.4.3:
Know and apply grade-level phonics and word analysis skills in decoding words.

4 - Physical Education
S1.E24.4a:
Strikes an object with a short-handled implement while demonstrating a mature pattern.

4 - Physical Education
S1.E24.4b:
Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall.

5 - Reading/Language Arts
Phonics and Word Recognition | RF.5.3:
Know and apply grade-level phonics and word analysis skills in decoding words.

5 - Physical Education
S1.E23.5:
Volleys a ball using a 2-hand overhead pattern, sending it upward to a target.

5 - Physical Education
S1.E24.5:
Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment.

Purpose of Activity (objectives, etc.):

Students will practicing spelling words and identifying other vocabulary words (antonyms, synonyms, etc) while practicing striking balloons in the air.

Materials/Equipment (Needed):

Balloons
Music (optional) a great choice is Move This - Technotronic

Description:

1. Each student should have a balloon and practice tapping the balloon in the air while staying in one place, and not allowing it to hit the floor.

Language Arts: Vocabulary Balloons

- Spell Your Name
- Spell your friend's name
- Spell your age
- Spell your hometown



Language Arts: Vocabulary Balloons

5th Grade Spelling List:

- Knowledgeable
- Listening
- Plumbing
- Toothbrushes
- Amusing
- Excited
- Languages



Language Arts: Vocabulary Balloons

Antonyms for:

- Plain
- Failure
- Despair



Language Arts: Sentence Shape Up (4-5)

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Sentence Shape Up

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Suggested Grade Level(s): 4, 5

Content Standard(s):

4 - Reading/Language Arts

Conventions of Standard English | L.4.1:

Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

5 - Reading/Language Arts

Conventions of Standard English | L.5.1:

Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

Purpose of Activity (objectives, etc.):

Students will identify various parts of a sentence and complete a corresponding physical activity.

Description:

1. Write the following parts of a sentence and corresponding exercise on the board.

Noun = Arm circles

Verb = Jumping jacks

Adjective = Lunges

Pronoun = Push ups

Adverb = Arm circles

Preposition = Jogging in place

Conjunction = Knee jumps

Interjection = Hop scotch

Language Arts: Sentence Shape Up

The **BOY**

- Noun – Arm circles
- Verb – jumping jacks
- Adjective – Lunges
- Pronoun – Push Ups
- Adverb – Arm circles
- Preposition – Jog in place
- Conjunction – Knee slaps
- Interjection – Hop Scotch

Language Arts: Sentence Shape Up

The boy **RAN**

- Noun – Arm circles
- Verb – jumping jacks
- Adjective – Lunges
- Pronoun – Push Ups
- Adverb – Arm circles
- Preposition – Jog in place
- Conjunction – Knee slaps
- Interjection – Hop Scotch

Language Arts: Sentence Shape Up

The boy ran to the
SMALL

- Noun – Arm circles
- Verb – jumping jacks
- Adjective – Lunges
- Pronoun – Push Ups
- Adverb – Arm circles
- Preposition – Jog in place
- Conjunction – Knee slaps
- Interjection – Hop Scotch

Language Arts: Sentence Shape Up

The boy ran to the small
HOUSE.

- Noun – Arm circles
- Verb – jumping jacks
- Adjective – Lunges
- Pronoun – Push Ups
- Adverb – Arm circles
- Preposition – Jog in place
- Conjunction – Knee slaps
- Interjection – Hop Scotch

Language Arts: Idiom Charades

Purpose of Activity (objectives, etc.):

Students will recognize common idioms and their meanings.

Students will understand that words and phrases are not always literal and can sometimes even be silly.

Materials/Equipment (Needed):

- Index Cards

Description:

Create a stack of index cards each with an idiom and it's meaning on one side.

Examples:

- A Dime A Dozen – anything that is common and easy to get
- A Penny Saved is a Penny Earned – by not spending money you are saving it
- A Piece of Cake – something that is easy
- Charley Horse – leg cramp
- Go Out on a Limb – put yourself in a tough position in order to support someone or something
- Hit the Hay – to go to bed
- Chip on your shoulder – holding a grudge or deeply held conviction
- Pay an arm and a leg –pay a very high cost
- Joined at the hip – to be exceptionally close to someone
- Elbow Grease – hard, physical effort
- In the doghouse – to have someone unhappy with you/ in trouble
- Break a leg – Good luck!
- Barking up the wrong tree – Looking in the wrong place
- Ball is in your court –up to you to make next decision or step/your turn
- Sit on the Fence – Undecided/avoid taking sides
- Get a kick out of it –Really enjoy/like something
- Fish out of water –being somewhere you don't belong
- Get off your high horse – quit thinking your better than others
- Let the cat out of the bag – tell a secret

Pair students and have one student choose an index card from the pile. On signal, give students one

Language Arts/Health: Alphabet Jacks K-2

♥ add to my favorites



Alphabet Jacks

Share
This

Suggested Grade Level(s): K, 1, 2, 3

Content Area(s): Classroom Energizer

Purpose of Activity (objectives, etc.):

This is a fun way to start the day. It gives students an opportunity to be physically active and reminds them of the many healthy food choices available to eat.

Description:

Have the class start jumping jacks, each time shouting out a new healthy food. Move through the alphabet (example: apples, bananas, cantaloupe, dairy, eggs, fruit, grains, etc.). Move down the rows, each student calling out a food with the next letter. If someone calls out an unhealthy food, or can't think of a healthy one, ask the rest of the class for help. Continue jumping jacks until the entire alphabet has been completed.

Time:

Less than 5 minutes

Source:

American Heart Association - NFL Play 60 Challenge (Morning Physical Activity Breaks and Heart Facts), www.heart.org/educator

Apples



Bananas



Cucumbers



Social Studies: 50 State Game (3-4)

Name of Activity:
50 States Game



Suggested Grade Level(s): 3, 4

Content Standard(s):

- 4 - Science / Social Studies
 - NSS-USH.K-4.2:
The history of students' own state or region

Purpose of Activity (objectives, etc.):

Students will be able to identify the location of the states on a map of the United States.

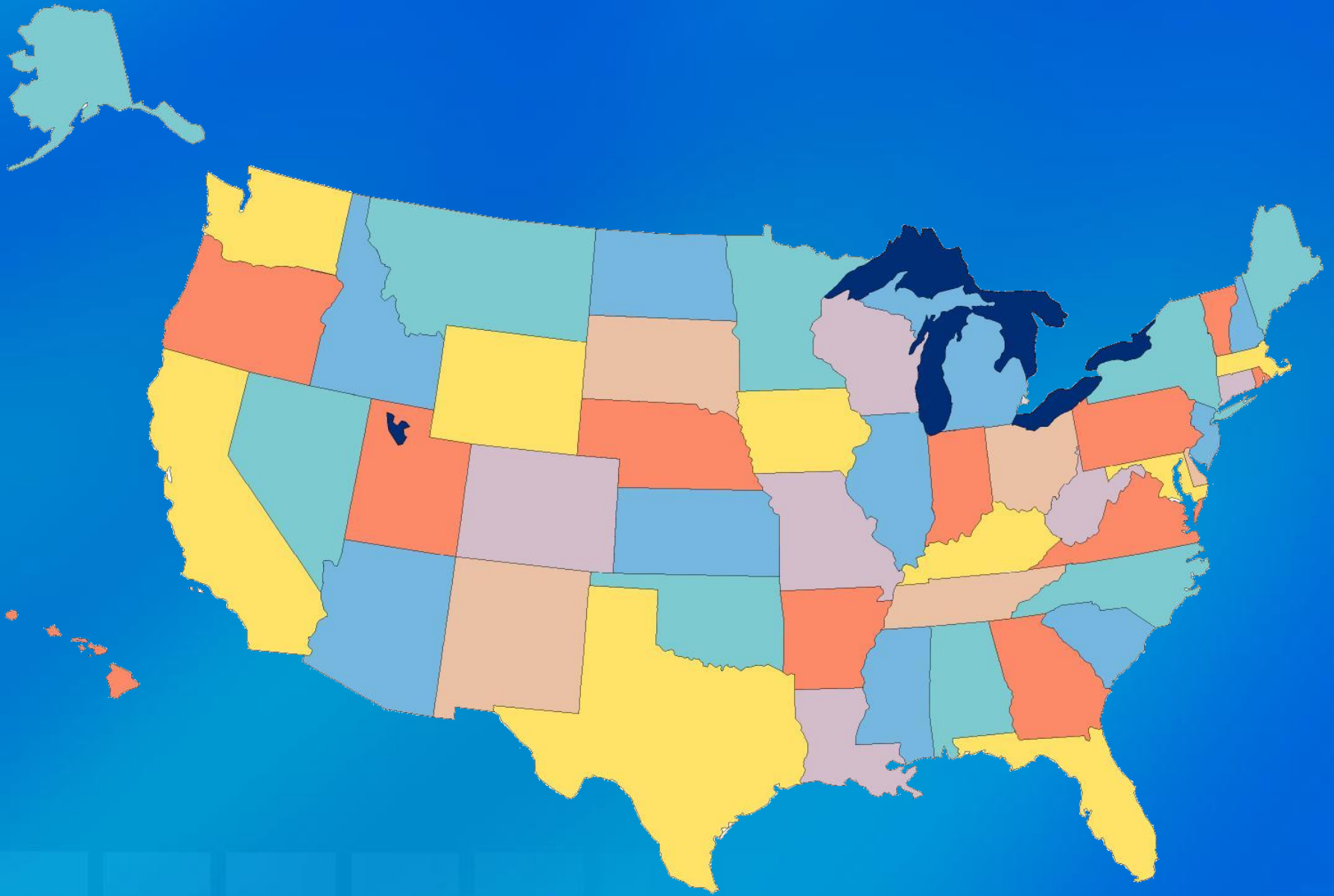
Materials/Equipment (Needed):

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

- 4 poly spots
- 8 cones
- 4 hula hoops
- 70 tongue depressors
- 4 blank maps of the United States
- 4 pencils

Description:

1. Write the names of all 50 states on a tongue depressor, (50) and also include 20 extra depressors without states. Place all depressors in the middle of the play area, without any words shown.
2. Place cones around the perimeter of the play area to designate outside "track" where students will without states. Place all depressors in the middle of the play area, without any words shown.
3. Write the names of all 20 states on a tongue depressor (20) and also include 50 extra depressors





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Learning on the Move!

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Social Studies: Wild and Wonderful WV

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 **CLASS ROOM**

Wild and Wonderful West Virginia

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Suggested Grade Level(s): 4, 5

Activity Type(s):

- Content standard-based movement activity

Suitable for use at home: yes

Content Standard(s):

- **4 - Science / Social Studies**
 - **NSS-G.K.12.2:**
Place and Regions [MORE INFO >>](#)
- **5 - Science / Social Studies**
 - **NSS-G.K.12.2:**
Place and Regions [MORE INFO >>](#)

Purpose of Activity (objectives, etc.):

Take students on a tour of West Virginia learning about landmarks and things to do. This is a great activity to use when studying the Wild and Wonderful State.

Materials/Equipment (Needed):

- Music: John Denver's – "Country Roads" (optional)

Description:

Teacher leads the class on a virtual tour of West Virginia. Students move at least 20 seconds for each of the actions listed below.

Tour can be personalized for your specific area.

- March across the New River Gorge Bridge
- Kayak the Cheat River
- Climb up an Oak tree
- Pretend you are a country music star, like Brad Paisley and wave to all your fans
- Flex your muscles like a lumber jack or a coal miner
- Stomp the mud off your boots
- Pick apples in Musselman
- Ice skate with the Nailers at Wesbanc Arena
- Ski at Winterplace
- Climb to the top of Spruce Knob
- Go through the coal mine in Beckley

Science: Herbivore, Carnivore, Omnivore!

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Herbivore, Carnivore, Omnivore!

Suggested Grade Level(s): 3, 4

Activity Type(s):

- Content standard-based movement activity

Content Standard(s):

- **3 - Science / Social Studies**
 - **NS.K-4.3:**
Life Science [MORE INFO >>](#)
- **4 - Science / Social Studies**
 - **NS.K-4.3:**
Life Science [MORE INFO >>](#)

Purpose of Activity (objectives, etc.):

To help students understand the science terms of Herbivore, Carnivore, and Omnivore.

Materials/Equipment (Needed):

- 5 slips of paper for each student labeled LIFE.
- Colorful signs for each student to wear around their neck. You will need the following:
 - One HUMAN (orange)
 - Two OMNIVORE (yellow)
 - Four CARNIVORE (blue)
 - Enough for remaining students HERBIVORE (green)
 - Green cones for grass for herbivores to "eat"

Description:

Students should be instructed to play this game like Tag. The human can tag ("eat") any of them, the omnivores can tag ("eat") the carnivores or herbivores. The carnivores can only tag ("eat") the herbivores. The herbivores should try to survive! If a student is tagged, they are to give up one slip of paper ("life"). Once students are out of "life", they are return to their seat and perform some type of movement that the teacher designates.

Provide animal examples of herbivores (i.e. rabbits, deer, elephants, giraffes, hippos, pandas, bison, camel, cows, gorillas, horses, kangaroos, koalas, reindeer, rhinos, sheep, zebras), carnivores (i.e. wolves, tigers, lions, foxes, pumas, hyenas, otters, skunks, raccoons, seals, sharks), and omnivores (i.e. pigs, dogs, bears, mice, squirrels, hedgehogs, chimpanzees). As students are given their colored sign, have them choose an animal from the group color they were given (i.e. a giraffe as a herbivore). Have students run/walk around acting like their chosen animal. The herbivores will try to collect as much food/"grass"/green cones as they can without being eaten.



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Science/Health: Funny Bones (5)

Name of Activity:

Funny Bones



Suggested Grade Level(s): 5

Content Standard(s):

- **5 - Science / Social Studies**
 - **NS.5-8.3:**
Life Science

Purpose of Activity (objectives, etc.):

Students will be able to identify different bones in the body.

Materials/Equipment (Needed):

- Music for the Hokey Pokey (without words)

Description:

1. This activity will be based on the song "The Hokey Pokey".
2. The teacher will teach a lesson on the anatomical names of the bones of the body and then tell the students to get in a circle formation.
3. The students will sing and learn while they point to each body part identified and place each body part inside the circle.
4. An example: "You put your tarsals in, you put your tarsals out, you put your tarsals in, and you shake it all about. You do the fun bone dance, and you turn yourself around, that's what it's all about!"
5. Other bones that could be identified: Fibula, Sternum, Radius, Tibia, Pelvis, Carpals, Humerous,

2. Other bones that could be identified: Fibula, Sternum, Radius, Tibia, Pelvis, Carpals, Humerous, if all about. You do the fun bone dance, and you turn yourself around, that's what it's all about!"

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2. Other bones that could be identified: Fibula, Sternum, Radius, Tibia, Pelvis, Carpals, Humerous, if all about. You do the fun bone dance, and you turn yourself around, that's what it's all about!"

Science/Health: Funny Bones

- Use the bones of the body parts that you normally “put in” during the Hokey Pokey
 - Radius or Ulna (arm bone)
 - Tibia or Fibula (leg bone)
 - Patella (knee bone)
 - Skeleton (Whole body)
 - And more...



Funny Bones

Right Radius / Ulna



Left Tibia / Fibula



Right Patella



Whole Skeleton



Rock, Paper, Scissors Assessment

(Checking for understanding)

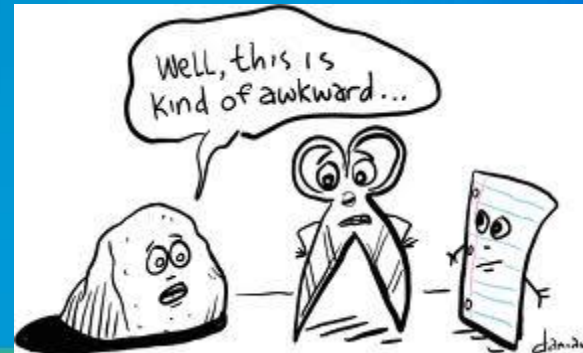
Jump 1 2 3...On 4:

Answer A: Land with feet apart

Answer B: Land with one knee up

Answer C: Land in a squat

Answer D: Land facing backwards



Rock, Paper, Scissors Assessment

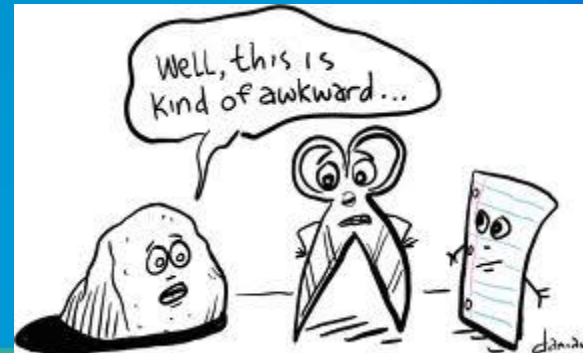
CLAP 1 2 3...On 4:

Answer A: **Arms overhead in a V shape**

Answer B: **Arms crossed across chest**

Answer C: **Hands behind head**

Answer D: **Arms out to side**



SOCIAL STUDIES: What is the capitol of Florida?

- A. Orlando
- B. Tampa
- C. Tallahassee
- D. Miami

READY....Clap 1 2 3...on 4:

Answer A: Arms overhead in a V shape

Answer B: Arms across chest

Answer C: Hands behind head

Answer D: Arms out to side

Answer D: Arms out to side

Answer C: Hands behind head

What is the capitol of Florida?

A. Orlando

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D. Miami

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Answer D: Arms out to side

Answer D: Arms out to side

Answer C: Hands behind head

SCIENCE: Which planet is closest to the sun?

- A. Venus
- B. Mercury
- C. Mars
- D. Earth

READY....Clap 1 2 3...on 4:

Answer A: Arms overhead in a V shape

Answer B: Arms across chest

Answer C: Hands behind head

Answer D: Arms out to side

Answer D: Arms out to side

Answer C: Hands behind head

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A. Venus

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READY....Clap 1 2 3...on 4:

Answer A: Arms overhead in a V shape

Answer B: Arms across chest

Answer C: Hands behind head

Answer D: Arms out to side

Answer D: Arms out to side

Answer C: Hands behind head

LANGUAGE ARTS: Which word is an adverb?

- A. run
- B. short
- C. runner
- D. quickly

READY....Clap 1 2 3...on 4:

Answer A: Arms overhead in a V shape

Answer B: Arms across chest

Answer C: Hands behind head

Answer D: Arms out to side

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Lesson ideas shared in this presentation

Language Arts	Social Studies	Science
Idiom Charades	50 States Game	Herbivore, Carnivore, Omnivore!
Sentence Shape Up	Wild and Wonderful WV	Funny Bones
Vocabulary Balloons	Rock, Paper, Scissor Jumps	

Tips for integrating movement in academic lessons

- Start Small
- Establish classroom management strategies from the beginning
- Use existing resources for ideas and adapt to your class/students/lessons
- Brainstorm with colleagues (share ideas)
- Don't be afraid to try it!

How do you find AA activities that fit your class?

Search Activity Ideas!

The screenshot shows the Active Academics website interface. At the top, the logo reads "Active Academics Learning on the Move". Below the logo, a navigation bar includes a home icon, "Materials & Equipment", "AA Featured", and "Recommended". A user greeting "Welcome Derek! Log Out" is visible. The left sidebar 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 features a "Teacher Feature" section with an image of children running. To the right, a search panel allows filtering by "Grade Level" (with a "Select All" dropdown) and "Content Area" (with a "Select All" dropdown). A green button labeled "Find Activity Ideas ★" is present. Below the search panel is a blue button that says "Submit an Activity Idea! >>". At the bottom, there is a section for the "Active Academics BLOG" dated "Jun 13, 2015" with the title "The Benefits of Free Play". A "NEW" badge highlights a "View my favorites" link, with text explaining that users can save favorite activity ideas by clicking a red heart. A "Click Favorites Now" link is also provided, along with a "Find us on Facebook" link.

Active Academics®
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Questions??

Please contact us for more information at:
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Learn more at www.activeacademics.org