

Increasing Physical Activity In The Classroom

Books: *SPARK* by John Ratey, MD

Brain Rules by John Medina [DVD Link](#)

TED Talk - Run, Jump, Learn! How Exercise can Transform our Schools: John J. Ratey, MD at TEDxManhattanBeach

<https://youtu.be/hBSVZdTQmDs>

3-6 Fitbound in the Classroom:

<https://fitbound.com/>

K-2 Walkabouts:

<http://www.activedinc.com/actived/>

Link to Yoga in the Classroom:

https://www.pilgrimageyogaonline.com/specialty_yoga/classroom-yoga/

Mindful Movement Videos - Take 5ive

<http://www.healthykidslearnmore.com/Healthy-Kids-Learn-More/Educator-Resources/Take-5ive/Mindful-Movement-K4-8>

FUNtervals

<http://130.15.159.10/musclephysio/Activity%20Booklet.pdf>

JAM (Just-A-Minute) Minute

<http://www.healthetips.com/videos.php>

Adventure to Fitness

<http://adventuretofitness.com/>

Fuel Up To Play 60

<https://www.fueluptoplay60.com/>

Classroom Activities:

Gotcha'

It's a fork and...

Hot Spots - Tabata (Tuesday) 20/10

Number Game

Keep Up (Balloon, Beach Ball, etc.)

Note Handoff - Fuel Up to Play 60

Dice Addition Workout (JJ, E/K Touches, Frogger Jumps, Shoulder Taps, Ss Choice)

Partner number game - 1st one to call out sum wins. Play to 5 pts.

10 Minute Dance Party

DARBEE Workout Cards - www.Darebee.com

Walkway in classroom with Velcro or tape ** ['Energizers' Packet Link](#) **

Fitsticks

Fit Deck

Fitness Dice

Team Juggling

Create-A-Dance

Favorite Song

Interactive Apps for Classroom iPads:

Mindfulness: Stop, Breathe & Think, CALM, Headspace, [Take 5ive](#)

Yoga: Cosmic Kids Yoga, Simply Yoga

Classroom Workout: Decide Now! SWORKIT, WORK IT, JUMP IT, STRETCH IT, GoNoodle Kids

Brain Break: BrainBreak, GoNoodle Kids

Resources:

Research-based links to articles from Active Living Research:

https://activelivingresearch.org/sites/default/files/ALR_Brief_ActiveEducation_Summer2009.pdf

https://activelivingresearch.org/sites/default/files/ALR_Brief_ActiveEducation_Jan2015.pdf

<https://frcog.org/wp-content/uploads/2014/10/Physical-Activity-in-the-Classroom.pdf>

<https://healthmpowers.org/wp-content/uploads/2016/01/1st-module-webex-print-materials.pdf>

https://www.reuters.com/article/us-health-children-fitness-performance/kids-who-get-moving-may-also-get-better-grades-idUSKBN1E22OC?inf_contact_key=8a6b68a478de4caa2a9b01304fb67350690b835a26f59b2b7bcf2f14648fff23

BEING PHYSICALLY ACTIVE IN SCHOOLS

- ★ Improves academic scores (reading, math, and spelling)
- ★ Improves classroom behavior
- ★ Increases concentration
- ★ Increases time on task
- ★ Reduces risk of depression
- ★ Improves cardiovascular fitness and muscular strength
- ★ Creates an active and fun learning environment

Notes:

Slides:

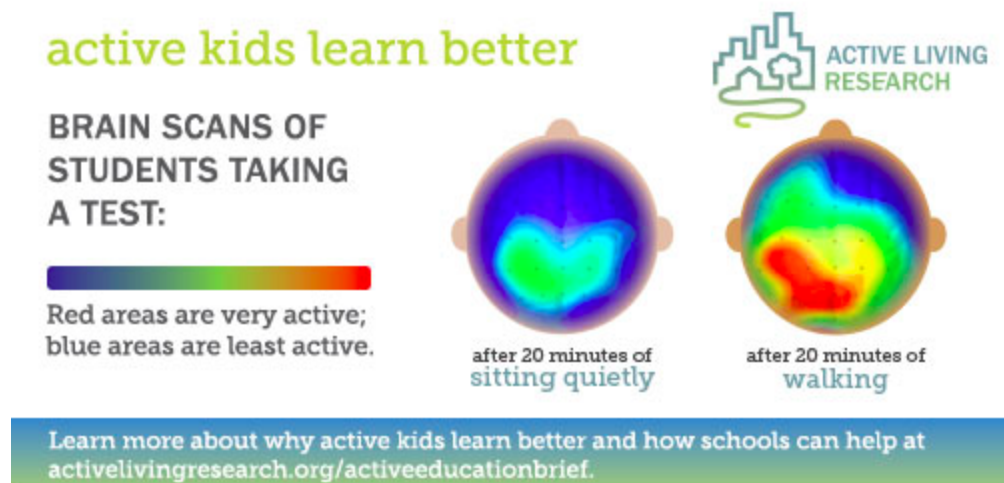
Brain scan Info graphic

Movement activities are purposely planned during the school day, setting clear routines and classroom procedures (PA not used as just a 'filler.')

Strategies to regroup the class back to their seats.

Physical Activity Maximizes Brain Functioning:

- Exercise prepares the brain to receive and retain additional information.
- Movement stimulates growth and greater connections between nerve cells.
- In a recent study, 10 elementary school students walked for 20 minutes while another 10 sat quietly. Then, all 20 students took the same test. Conclusions indicate a single bout of moderately intense aerobic exercise (walking) improves the cognitive control of attention as a contributing factor for increasing attention and academic performance. These data suggest that single bouts of exercise may be necessary for effective functioning across the lifespan (see above brain scan image.)



“One of the best ways to maximize the brain is through exercise and movement,”

-Dr. John Ratey, renowned brain researcher

Thank you! Make some time to be physically active today! :)

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Normal Attention Span by Age: Children ages 5-6 years old typically can attend to one activity that is of interest to them for **around 10-15 minutes** at a time and should generally be able to filter out small distractions occurring simultaneously in the environment. Oct 21, 2013

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