

How to Make your School a “*Moving School*”

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How to Make your School a “*Moving School*”

- Sustainable Physical Activity **Programs**
- Physical Activity **Resources**

The Champion

- Advocate for good health habits
- Rally(er) – one who draws or calls (persons) together for a common action or effort:
- Reviews data and uses it to make decisions for program sustainability
- Analyzes programs for effectiveness
- Cheerleader!

Champion Garners Support

Fact:
People support
that which they
help create

Grade Level: _____

PE/PA Pilot Program Survey

As a follow-up from our Tuesday meeting we have decided to ask teachers their thoughts about how they feel about the feasibility of implementing the pilot program. In the meeting we heard mixed responses and we need your honest thoughts so we can develop our action plan accurately and with good intentions.

Please take a moment to check off any activity ideas that you are willing to try or add any ideas you may have so we may include that in our plan and budget. If the idea of increasing physical activity is too overwhelming please feel free to check the appropriate box.

Please return to the office by Monday, October 2 @ 3:50.

I am willing to try: (please check all that apply)

- Recess Equipment- Be specific Indoor _____
-Outdoor _____
- Exercise station in my room – type of exercise equipment I'd like to try is (circle); Therabands, rebounder, exercise bike with reading rack, balance saucer, other ideas _____
- Take 10 – Quick and easy 10-minute activities that integrate physical activities and core subjects.
- CATCH – Index box with activity ideas for different grade levels. Could be used as indoor/outdoor recess activity ideas
- Fitness room- Hire a qualified person to monitor students in a room with fitness equipment. Logistics and hours the room would be open TBD(determined).
- Stepometers- class set of 30 to be used in lessons. i.e. math, geography
- Other ideas- _____

- I am feeling overwhelmed at this time and would not like to commit to implementing any of these items.

Name: _____

This is needed for future contact of those teachers willing to pilot this program.

Making Your School a Moving Experience

In Physical Education



Active PE for excused medical reasons

Making Your School a *Moving* Experience

In Physical Education



A variety of physical activity experiences



All student engaged at his or her level

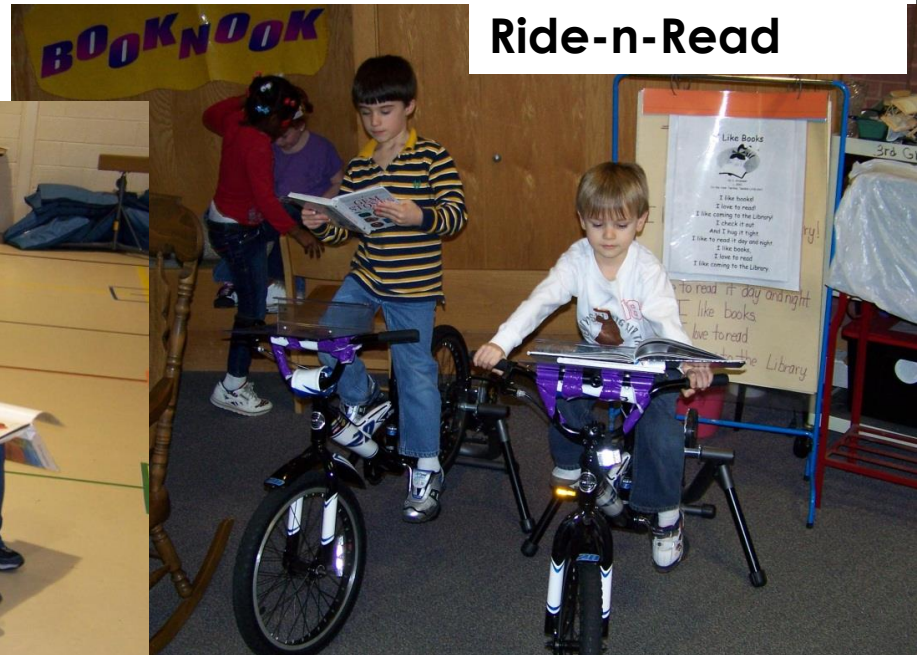
Making Your School a Moving Experience

In the Classroom:

Rock-n-Read



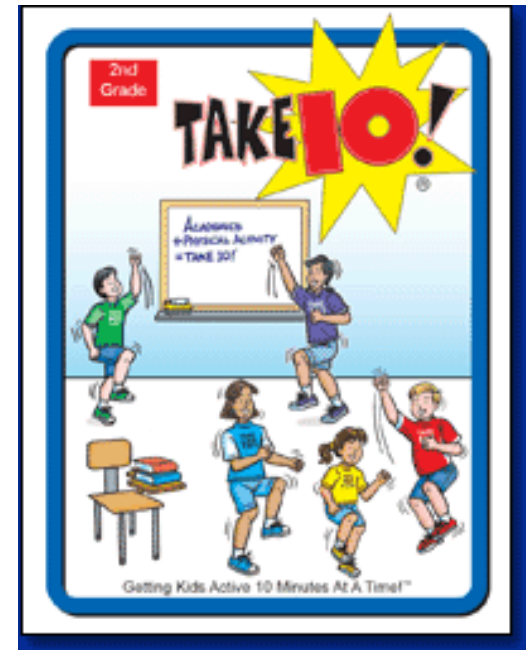
Ride-n-Read



Making Your School a Moving Experience

In the Classroom:

North Carolina Energizers



Making Your School a *Moving* Experience

Safe Routes to School

International Walk to School Day



Walking Program



Making Your School a *Moving* Experience

Building it into the Schedule

Morning Announcement
Activities

Daily 10 minute walks
around the campus



Making Your School a *Moving* Experience

Active Indoor Recess

- Gym availability
- Cafeteria availability
- Indoor Recess Kits
- AdventuretoFitness.com
- GoNoodle.com
- Peaceful Playground



Administrative Support

- **Building Level**
 - Morning Exercise
 - Classroom PA
 - Indoor recess
- **District Level**
 - Recess is a Right
 - PA embedded with CCSS

60 Alternatives to Withholding Recess

Given the value of recess in a student's physical and social development, and the need for periodic breaks from classroom instruction, using recess as punishment is inappropriate. Listed below are some alternatives to withholding recess.

ZERO-COST ALTERNATIVES

1. Sit by friends
2. Watch a video
3. Read outdoors
4. Teach the class
5. Have extra art time
6. Extra music and reading time
7. Homework coupon
8. Coupon for prizes and privileges
9. Enjoy class outdoors
10. Play a computer game
11. Read to a younger class
12. Get a no homework pass
13. Make deliveries to the office
14. Listen to music while working
15. Play a favorite game or puzzle
16. Earn play money for privileges
17. Walk with a teacher during lunch
18. Be a helper in another classroom
19. Eat lunch with a teacher or principal
20. Dance to favorite music in the classroom
21. Get "free choice" time at the end of the day
22. Listen with a headset to a book on audiotape
23. Have a teacher perform special skills (i.e. sing)
24. Have a teacher read a special book to the class
25. Recognition with morning announcements
26. Chat break at the end of class
27. Taking care of the class pet
28. Extra recess
29. Small playground equipment to check out
30. Leading the class to lunch, recess, library or other adventure
31. Music concert at school
32. Walk break from class
33. Have lunch or breakfast in the classroom
34. Private lunch in classroom with a friend
35. Show-and-tell
36. Play favorite game
37. Teacher performs special skill: cartwheel, guitar playing
38. First to line up.
39. Teacher's helper.

LOW-COST ALTERNATIVES

40. Select a paperback book
41. Enter a drawing for donated prizes
42. Take a trip to the treasure box
43. Get stickers, pencils, and other school supplies
44. Receive a video store or movie theatre coupon
45. Get a set of flash cards printed from a computer
46. Receive a "mystery pack" (notepad, folder, sports cards, etc.)
47. Certificate/trophy/ribbon/plaque
48. Gift certificate to local food merchants
49. Free pass to sporting event or play
50. Pencil toppers
51. Stickers
52. Pencils
53. Stars or smiley faces
54. GAME DAY: Students earn letters to spell game day...after the letters have been earned, we play reading or phonics-type board games. Kids love Game Day!"
55. FRIDAY FREE TIME: Students have thirty minutes at the beginning of the week and they can earn or lose free time according to their behavior. Use a timer and turn it on (they can hear it) if they are too loud working, lining up, etc. Add time when their behavior is good. Adding time is the most effective. You will save time by not waiting for them to settle down so their free time is really reclaiming time that would have been lost.

Discipline Alternatives

56. Write a letter of apology to the person who has been wronged and Discuss with teaching the importance of apologies
57. Write a letter to parents/guardians explaining why behavior is inappropriate or disruptive and stating what student will try to do to change behavior
58. Take away privilege of choice for class or individual activity when choice is built into activity
59. Do make up work during free choice time
60. Have students sit away from the group to do class work and have them "earn" their way back into the group activities
61. Have student work with teacher to develop a plan for behavior change tied to incremental privileges

Creating a Physically Active Classroom

www.CATCHusa.org

- Safety is key! Make sure all objects are out of the way for safe movement (e.g. book bags).
- Plan the activity in advance.
- Set a time limit for the activity before beginning movement and share this information with students.
- Give clear and concise instructions prior to starting the activity.
- Establish a start signal (e.g., “When I say GO, you will begin walking around the classroom. (Ready, GO!”).
- Establish a stop signal, such as a “STOP” or “FREEZE” command, a clap, or raised hand

“Star Groups”

Content Lesson:

Unit 7 Describe and Compare Fractions Lesson: 4b

Materials Needed: Designate an area in the room called the “Fraction” Area.

Procedures: The students must form a “Star Group” with the number called. When there are not enough students to form a group equal to the number called they go to the “Fraction” area. The class can now figure out how many times the class can be divided by the number called. i.e. 31 students divided by 3 equal $10 \frac{1}{3}$. Repeat using other numbers.

Variations:

Students moving around the room by – jumping, hopping, lunge walking, elbow to knee walking (right elbow to left knee)

[How it works](#)

[Results](#)



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during the afternoon slump.

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Hooray! It's you again!



CHAMP LEVEL
1

PLAY

Share

↑ Upgrade to Plus

Inspiration

Feedback & Support

avascript;

All Brain Breaks

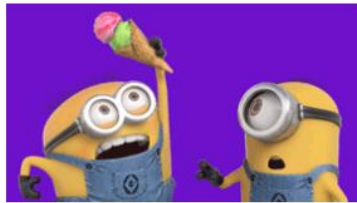
GoNoodle Games

Zumba Kids

Run With US

[YouTube](#) >

My Favorites



[Happy](#)

🕒 3:57



[Dance Along: Surf's ...](#)

🕒 7:00



[Let's Move: Move Yo...](#)

🕒 4:17



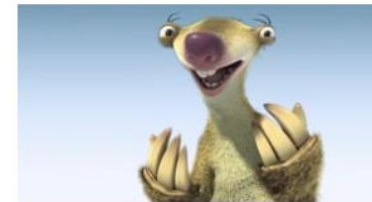
[The Let's Move Wor...](#)

🕒 12:57



[Belly Breathe](#)

🕒 2:26



[The Continental Drift](#)

🕒 3:25



[Dinosaur Stomp](#)

🕒 3:37



[Wiggle It](#)

🕒 1:35



[Walk It Out](#)

🕒 3:00

Play brain breaks



All Brain Breaks

GoNoodle Games

Zumba Kids

Run With US >



YouTube

My Favorites



100M Sprint

🕒 3 minutes



200M Sprint

🕒 4 minutes



100M Hurdles

🕒 3 minutes



Free
Upgrade for \$99/yr
District pricing available

**Go go go go go go. Stop.
Go. Go. Pause. Go.**



TOTAL
MINUTES

12

MINUTES TO
NEXT LEVEL

4

CHAMP LEVEL

1

PLAY

Share

↑ Upgrade to Plus

Inspiration

Feedback & Support

Peaceful Playgrounds

http://www.peacefulplaygrounds.com/wp-content/uploads/downloads/2013/09/Final-Rainy-Day-HO.pdf?utm_source=10+Rainy+Day+Activities+for+Indoor+Recess&utm_campaign=2-28-2014&utm_medium=email

10 Rainy Day Activities

- 1. ABC for Fitness** - <http://www.davidkatzmd.com/docs/ABCManual.pdf> (70+ pgs.)
The program is FREE and comes in PDF format. It provides research on why physical activity is important, classroom management tips for kids moving indoors, and tips for warm up and cool down procedures. (K-5)
- 2. Energizers: Classroom-based Physical Activities –**
www.ecu.edu/cshhp/exss/upload/Energizers_for_Grades_K_2.pdf
www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_3_5.pdf
Healthy Living Middle School Energizers – 6-8

Hot Tamale

Adaptable to Any Subject
Grade Level: 6th - 8th
Formation: Beside desks
Equipment: None

[http://www.nchealthyschools.org/
components/energizers](http://www.nchealthyschools.org/components/energizers)

- **Move backwards** - back stroke (swimming motion)
- **Move forward** - march in place
- **Move to either side** - side stretch in the direction of the hot tamale
- **Up higher** - climbing ladder motion
- **Down lower** - squats
- **Within one foot of the tamale** - students pretend they are stepping on hot coals (in place).

Peaceful Playgrounds

http://www.peacefulplaygrounds.com/wp-content/uploads/downloads/2013/09/Final-Rainy-Day-HO.pdf?utm_source=10+Rainy+Day+Activities+for+Indoor+Recess&utm_campaign=2-28-2014&utm_medium=email

3. Jam a Minute School Program -Health-E-Tip

<http://www.jamschoolprogram.com/>

JAM is a free wellness resource for schools. JAM resources offer a weekly one-minute exercise routine called JAMmin' Minute, an athlete-featured more extensive routine called JAM Blast, and a monthly health newsletter called Health-E-tips.

4. Indoor Recess Games –Pro-teacher-

http://www.proteacher.org/c/244_Indoor_Recess_Games.html

This website has a number of indoor games for recess. Indoor games can be printed out from the website. They are free resources. Each game idea is an open thread where other teachers write in to add their game ideas and game modifications.

Peaceful Playgrounds

http://www.peacefulplaygrounds.com/wp-content/uploads/downloads/2013/09/Final-Rainy-Day-HO.pdf?utm_source=10+Rainy+Day+Activities+for+Indoor+Recess&utm_campaign=2-28-2014&utm_medium=email

5. Peaceful Playgrounds 2 Go Games Peaceful Playgrounds –

<http://www.peacefulplaygrounds.com/2-go-indoor-gamesprogram/>

2 Go Game rugs are available for purchase

6. Ten Activities to Encourage Physical Activity in the Classroom –

http://www.yourtherapysource.com/files/10_simple_activities_classroom.pdf
10 easily implemented activities that can be conducted during an indoor recess.

7. A Range of Breaks to Use in the Classroom -Behavior Solutions.

<http://www.emc.cmich.edu/BrainBreaks/>

Ideas such as Sitting Aerobics, Finger Aerobics, and Double Doodles/Palm to Palm. Modified activities from Dave Vizard Brain Breaks, Starter Activities and Fillers.

Peaceful Playgrounds

http://www.peacefulplaygrounds.com/wp-content/uploads/downloads/2013/09/Final-Rainy-Day-HO.pdf?utm_source=10+Rainy+Day+Activities+for+Indoor+Recess&utm_campaign=2-28-2014&utm_medium=email

9. 20 Brain Break Clips : Fight the Fidgeting!

Bevin Reinen a First Grade Teacher from Virginia Beach has a blog called Teach. Train. Love. I especially like her blog entitled: 20 Brain Break Clips: Fight the Fidgeting. You'll have to go online to her blog site where she has identified 20 video clips with music. She states: These videos are sure to get your students (and maybe even you) moving and grooving! Great with SMART Board.

10. Hand games

Remember the old clapping games and songs? The following YouTube Website has about 14 different Hand clap games and songs. Teaching a game every couple of days can keep students busy trying to perfect the routine and engaged both physically and cognitively. www.youtube.com/watch?v= Written words for the chants can be found here:<http://childstoryhour.com/gamesclapping.htm>

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award-winning & teacher trusted educational fitness program**



Keep Active & Stay Warm

kids active, learning, and having fun this winter!

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TUCK POSITION

Let's Move! Active Schools is a collaborative effort between leading health and education organizations to create a program that empowers individual school leaders to help their school achieve an active environment. *Let's Move! Active Schools* was established as a public-private partnership between the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD), the Alliance for a Healthier Generation, and the President's Council on Fitness, Sports, and Nutrition, with support from the U.S. Departments of Health and Human Services and Education.

We are grateful for the generosity and commitment to the health of our nation's youth shown by nonprofits and businesses supporting this effort that provide grant opportunities and resources to schools working to create active environments:

BOKS

Kaiser Permanente

ChildObesity180

NIKE, Inc.

GENYOUTH Foundation

LetsMoveSchools.org

LetsMoveSchools.org

Let's
Move. Active
Schools

WHAT IS AN ACTIVE SCHOOL?

RESOURCES & GRANTS

SUCCESS STORIES

SPREAD THE WORD

Sign up or Log in



Active Kids Do Better

Help this generation get moving so they can reach their greatest potential.

[SIGN UP NOW](#)

LetsMoveSchools.org



The 5 Key Elements To Achieve School-Wide Change



Physical Education

Provide high-quality physical education that is fun and inclusive.

[+ More Resources](#)



Physical Activity During School

Create active classrooms. Include physical activity breaks in lessons.

[+ More Resources](#)



Physical Activity Before & After



Staff Involvement

← BACK TO LET'S MOVE ACTIVE SCHOOLS



My Active School
POWERED BY  ALLIANCE FOR A HEALTHIER GENERATION

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[CELEBRATE SUCCESSES](#)

[EXTEND YOUR PROGRAM](#)

[OPPORTUNITIES](#)

Search Keywords:

Wellness Category

Student Wellness

CSPAP

Comprehensive School Physical Activity Program Components

Family and Community Engagement

Physical Activity Before and After School

Physical Activity During School

Staff Involvement

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healthy schools program

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Focus Areas

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- ▶ Snacks and Beverages
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- ▶ Health Education
- ▶ Physical Education
- Physical Activity ▶
 - ▶ Employee Wellness

- ▶ 6 Step Process
- ▶ Resources & Tools
- ▶ New & Notable

Fit for a Healthier Generation

A Video Series to Move You and Yours

Our fitness experts have used their years of training to create videos that are exciting and engaging for youth to move to. Use these videos to get your students, family, or team, up and moving for a quick and effective physical activity break.

Fitness Training with Bob Harper

Bob Harper, health and fitness guru of NBC's worldwide hit, "The Biggest Loser," is the brilliant force behind countless success stories from people who previously gave up on themselves, or had been written off by others. The success of the show and Harper's brand has led to the creation of his own DVDs, exercise equipment, motivational speaking engagements and books most recently releasing the New York Times #1 best-seller *The Skinny Rules*



Press Esc to exit screen mode.

SIERRA VISTA JUNIOR HIGH

CANYON COUNTRY, CA



brainbreaks.blogspot.com/

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Energizing Brain Breaks

Our students should have a kinesthetic brain break every 25-30 minutes. Brain breaks are refreshing to students and teachers alike. They do take some time out of class, but the efficiency of our students goes up when we incorporate them. Please comment if you have variations on a particular brain break.



Companion Website Access Too!

The book includes all 50 Brain Breaks. It also has a companion website that allows you to view all 50 videos of the Brain Breaks. The companion website also gives you access to the SMARTBoard Version of the Brain Breaks as well as the PowerPoint Version of the Brain Breaks. It's a BESTSELLER.

Click here to go to www.corwin.com and see the book

Search

Links

Jean Blaydes Madigan and Action Based Learning
Learning Readiness PE Program
John Ratey's Website Author of SPARK
Brain Rules by John Medina
Michigan Brain Breaks
Rocky Mountain News Sept 2008 Article
Dr. Jean's Website
Naperville Community School District 203
Naperville Central High School
Teaching with Smartboard Podcast
Reflections of a High School Math Teacher
Dave Sladkey's Classroom Site
Color Test

Sunday, February 16, 2014

Hands Brain Break

Brain Breaks are simple 1-2 minute mind and body challenges. They are excellent for regaining focus in a meeting or a class. Your students or audience will love you for them.

This Brain Break seems simple. However, you will find out soon that you will have a hard time mastering it.

1. Stand Up.
2. Start by waving your right hand in front of you left to right. Your palm should be facing away from you while keeping your hand with your fingers pointing up.
3. Now stop that hand and have your left hand in front of you waving it up and down.
4. Now practice moving them at the SAME TIME. Do not move your hands going diagonally.
5. Now switch to have your right hand up and down and your left hand left and right. Do this faster and switch often to make it more difficult.
6. Lastly, to increase the difficulty, have your arms crossed while doing this.



BESTSELLER!

Energizing Brain Breaks



[David Sladkey](#)

Naperville Central High School, IL


© 2013

64 pages

5.5" x 8.5"

Corwin

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<http://wppe.weebly.com/>

Lori Minka – William Penn HS

DAHPERD 2013-2014 HS Physical Education TOY

PE AND HEALTH - Ho... x Search

Search

WP PE AND HEALTH

HOME & CONTACT ME

PE UNITS

HEALTH UNITS

ABSENT FROM CLASS

PE & HEALTH PLC

MORE...



Welcome To Physical Education 2013-2014 With Ms. Minka

How to contact me: (contact form at the bottom of this page)

Teaching Location: Unit II Gym

Mailbox: W-1 Staff Center

Email: lminka@colonial.k12.de.us / changing soon to:

loriann.minka@colonial.k12.de.us

Phone: 302-323-2804 ext. 4112

Edmodo: www.edmodo.com / You will need the group code from me!

WP PE AND HEALTH

HOME & CONTACT ME

PE UNITS

HEALTH UNITS

ABSENT FROM CLASS

PE & HEALTH PLC

MORE...



Walking is man's best medicine. ~ Hippocrates

Welcome To Physical Education 2014 With Ms. Minka

- Sportsmanship
- Calendar - Health and PE
- Links For Teacher
- Wellness Initiative
- Components of Fitness
- Reminder 101
- SPARK
- STEM COLLEGE
- After The Bell - Extended Time

EXTENDED TIME - AFTER THE BELL

WM PENN HIGH SCHOOL - UNIT II GYM WITH MS. MINKA

Every Tuesday and Thursday from October - May

GOLDEN TICKET

During the 2012-2013 school year our extra time on Tuesday's and Thursday's became so popular that I needed to give out "Golden Tickets" for students to enter the gym after school. I wish that I could accommodate all students that wanted to come, but the numbers were growing and students from other schools started to join us. A head count during one session was up to 80 students. I couldn't handle or accommodate that many participants so I began to give out golden tickets, and lock down all doors but one only allowing those with a ticket to enter. Extra time began for students that needed to make-up time missed in PE class for the four teachers at WP. Due to it's popularity I began to give tickets to my past students that wanted to be active. Often times students will ask if they can have a ticket for a friend, and as long as we have the space and they attend WP I will allow it. Each Tuesday and Thursday I print up and prepare to hand out 60 Tickets. Once they are gone I have to decline students. During the winter months it's difficult as we share the gym with Girl's Basketball and Winter Track. When those teams are at an away event or play in the other gym I am able to run the after school time.



Activities offered: Most often the extra time activities are dictated by what Physical Education unit we are currently doing in class. This helps to ensure those that are making up missed class time learn the concepts and principles that were taught in class. At time time this page was created we were in a Table Tennis unit so that was the extra time activity offered. This helps with set-up as all the tables are already out. If I have the entire gym multiple activities will be running at the same time.

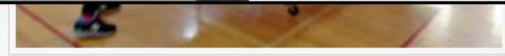


Table Tennis will usually draw the same students each time it's offered during extended time. Other net sports offered are badminton and tennis during the spring when the tennis teams are at away events. Anytime we offer basketball our number sky rocket. Ultimate Frisbee became really popular at the end of last school year, and I hope to be able to run multiple fields outside in the spring. The pictures below depict other activities that might take place. We also have tried P90X, Zumba, and Insanity. That was insane!! Only a small number of students are looking to workout to that extreme, and many of those are involved with the weight lifting program run by various coaches in the building to get ready for their winter or spring sports.



Other activities we have provided during extended time:



Any questions or if you want to get involved please email me at lminka@colonial.k12.de.us

Rules for Extended Time / After the Bell

1. Be here by 2:25pm! Only enter through the doors by the band room.
2. NO DUNKING OR YOU WILL BE ASKED TO LEAVE!
3. DO NOT OPEN ANY OF THE GYM DOORS! Alert me if someone is trying to enter.
4. Come prepared to play!
5. **You must bring your own lock to use in the locker room.**
6. Once you enter you cannot leave without a pass. See me before you leave the gym, once you leave you cannot return.
7. Everyone must sign in on the clipboard at the white table
8. All school rules and policies apply to extra time!
9. You must have a pass from me to enter - see me during school to secure a ticket for the next extended time.
10. If you are late bring a pass from the teacher you were with. If there is room you will be admitted.

Coordinated Health Program

<http://www.sparkpe.org/physical-education-resources/webinars/>

September 2013 Webinar #2:

“Active Indoors, Outdoors, Everywhere!”
Increasing Activity During Recess and in the
Classroom

March 19, 2014 6pm EST

Gearing Up for School Health: Riding the Path
to a Comprehensive School Health Program –

PEmpal Newsletter

...the Physical Education Newsletter for
Promoting Active Lifestyles

Fitness News

Once-a-week physical education class might not solve the epidemic of unhealthy children, but a PE teacher certainly can motivate children to want to be healthy outside of class

Body of Knowledge

Bulletin Board Idea

Games & Activities

Book Review

Dr. Curt Hinson

<http://www.playfiteducation.com/newsletter.asp>

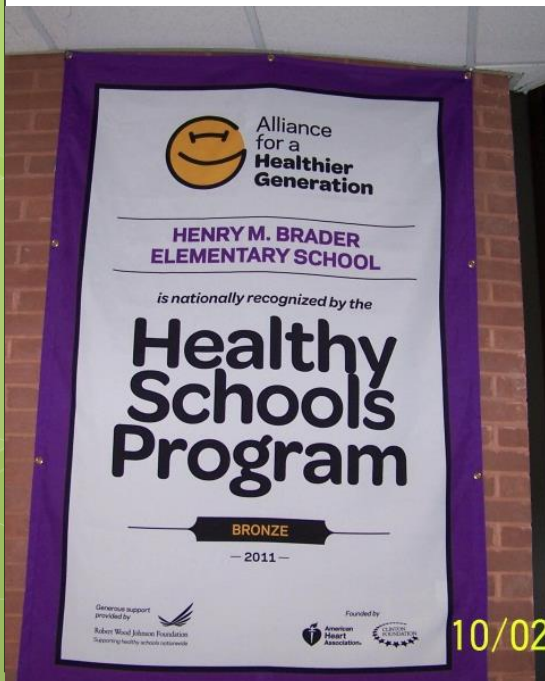
Debrief

(Learning Focused Strategy- LFS)

3. Name **three** new things you learned in this session
2. Name **two** people you are going to tell
1. Think about **one** thing you are going to do in the near future

Making Your School a Moving Experience

It takes a TEAM to make changes



10/02

