



# **Active Classrooms 101: Get Up and Moving!**

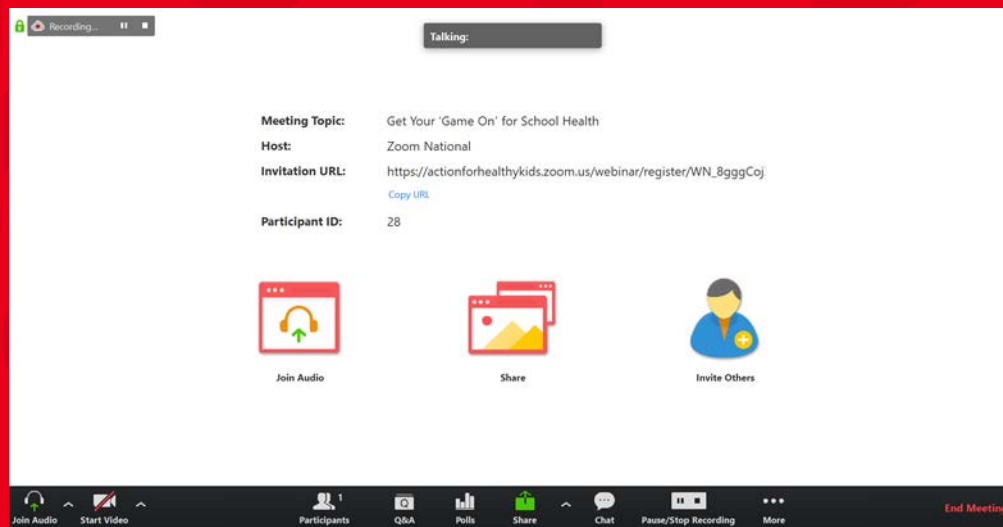
**Jean Moize, Action Based Learning  
Kate Holmes, Springboard to Active Schools**

**Tuesday, December 17  
12pm PT / 1pm MT / 2pm CT / 4pm 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 Speaker: Jean Moize, Action Based Learning
- Guest Speaker: Kate Holmes, Springboard to Active Schools
- 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.



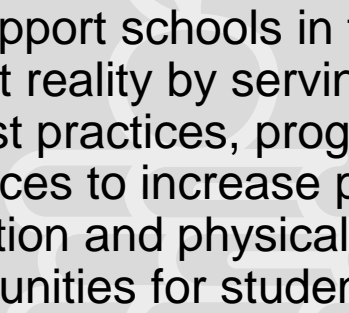
# A Vision That Kids Deserve

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.

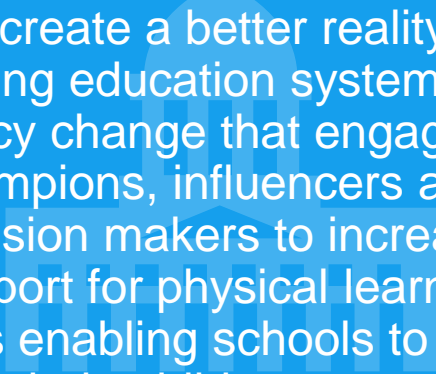




# We Work on Two Fronts



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 Week**

#ThisIsYourBrainOnMovement

DECEMBER 9-13, 2019

Active Classrooms Webinar Series (7) – Dec 2019-Feb 2020

[www.activeschoolsus.org/active-classrooms-webinars](http://www.activeschoolsus.org/active-classrooms-webinars)

Active Classrooms Grant Opportunities (8) – close 2/28/20

[www.activeschoolsus.org/active-classrooms-grants](http://www.activeschoolsus.org/active-classrooms-grants)



Jean Moize

Action Based Learning



# What is an Active Classroom?



**We are made to move.  
What makes us move is  
also what makes us think.**

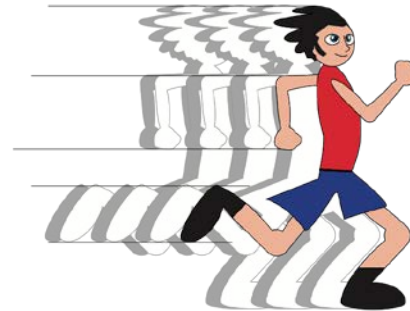
Dr. John Ratey

*The Brain is only as healthy as  
the body that carries it.*

*-Dr. Pat Wolfe*

**“Movement  
facilitates  
Cognition”**

-Robert Sylwester



**Action Based Learning is  
movement**

with  
intention

**PURPOSE**

**BASED ON THE BRAIN RESEARCH  
THAT SUPPORTS THE LINK OF  
MOVEMENT TO OPTIMAL LEARNING**

# **Exercise** benefits the **BRAIN** first

**Exercise** changes the brain at a  
**MOLECULAR LEVEL**

- Brain fuel is **oxygen** and **glucose**
- **Neurogenesis**
- Secondary **dendritic branching**
- **Neurotransmitters**
- **BDNF**

# Who benefits from an Active Classroom?

*We teach different brains and different learners*

Students with ADHD

English language learners

Obese learners

Brains in Poverty



## Create an Active Environment

- ✓ Activity is the norm, not the exception
- ✓ Daily Quality PE
- ✓ Recess,
- ✓ Before and after school
- ✓ Flexible Seating
- ✓ Opportunities to move  
Hallways
- ✓ School wide active culture
- ✓ Active teaching strategies
- ✓ Lesson plans that include movement throughout the day.



# Movement with Intention

## Types of Movement

~ ~ ~ ~ ~ Energizer ~ ~ ~ ~ ~

~ ~ ~ ~ ~ Transition ~ ~ ~ ~ ~

~ ~ ~ ~ ~ Academic Reinforcement ~ ~ ~ ~ ~

~ ~ ~ ~ ~ Review ~ ~ ~ ~ ~

~ ~ ~ ~ ~ Assessment ~ ~ ~ ~ ~

~ ~ ~ ~ ~ Novelty ~ ~ ~ ~ ~

~ ~ ~ ~ ~ Peer Cooperation ~ ~ ~ ~ ~

~ ~ ~ ~ ~ Fitness ~ ~ ~ ~ ~





# Doors and Hallways





## Kinesthetic Furniture









**Healthy Active Students  
Make Better Learners!**





## Resources

Jean Moize

[jean@kidsfit.com](mailto:jean@kidsfit.com)

[abllab.com](http://abllab.com)

[Action Based Learning in the Classroom Books](#)



Kate Holmes

Springboard to Active Schools



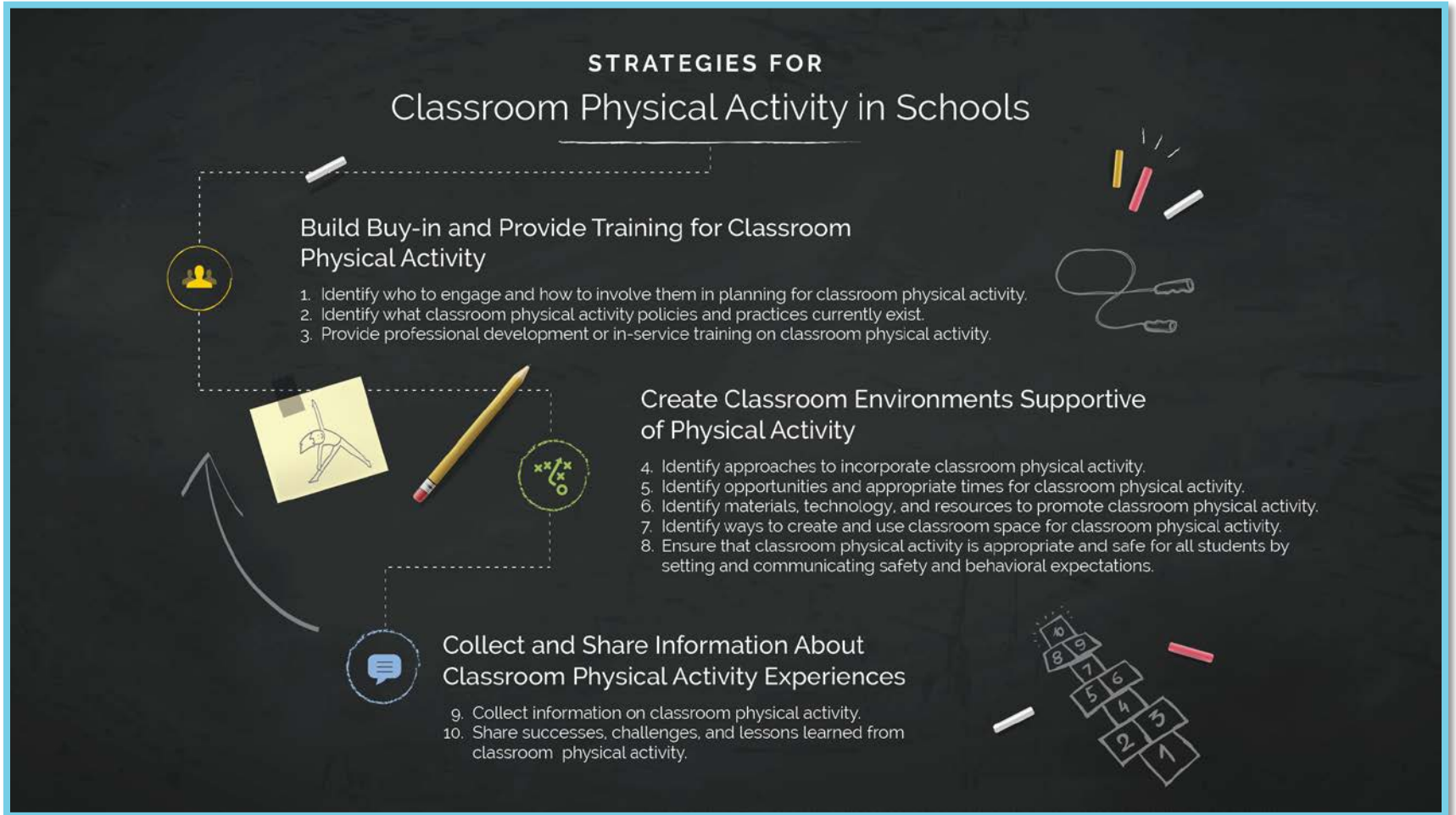
# Active Classroom Resources from CDC and Springboard to Active Schools

[schoolspringboard.org/classroomphysicalactivity/](https://schoolspringboard.org/classroomphysicalactivity/)

[cdc.gov/healthyschools/physicalactivity/classroom-pa.htm](https://cdc.gov/healthyschools/physicalactivity/classroom-pa.htm)

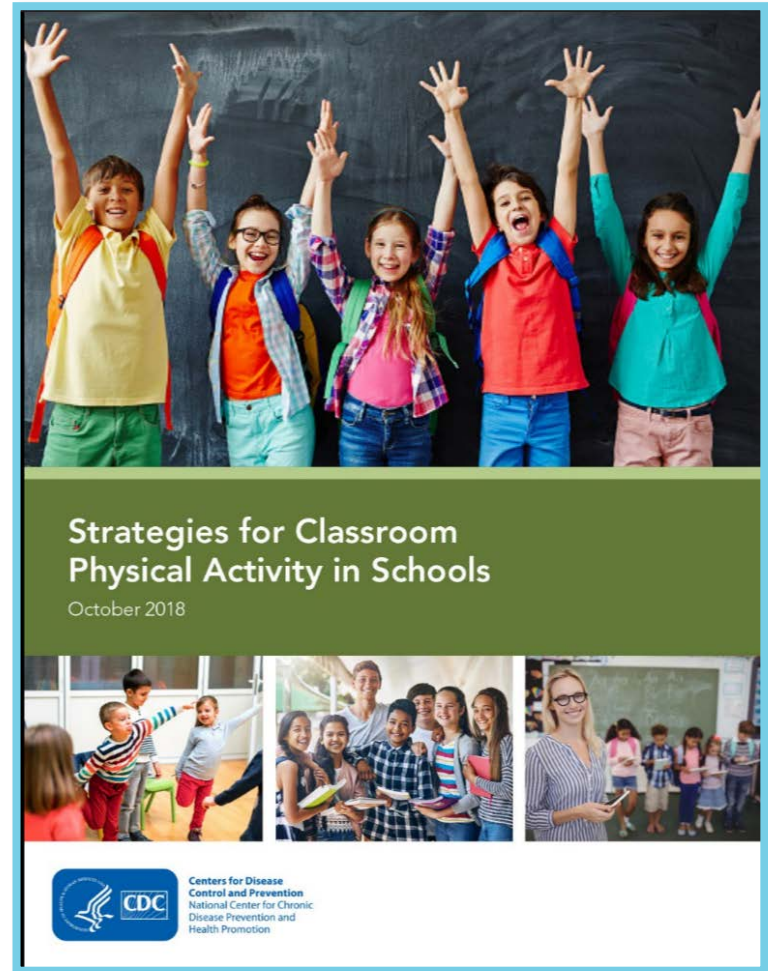


# Evidence-Based Strategies



# Strategies for Classroom Physical Activity in Schools

Describes 10 strategies for promoting and planning classroom physical activity

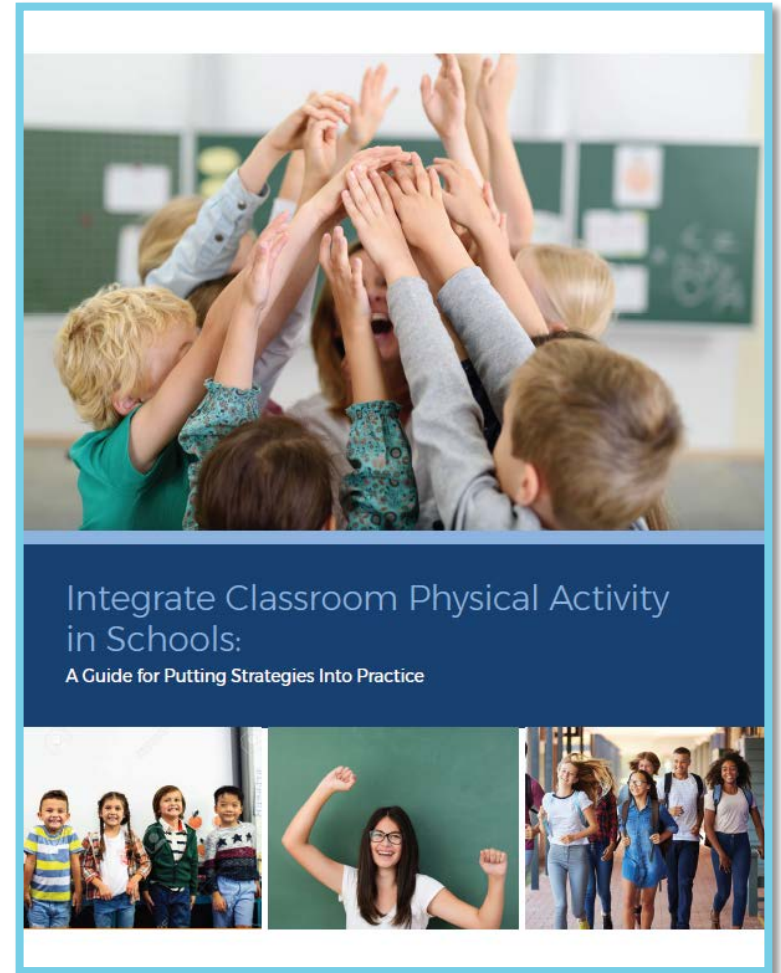


# Integrate Physical Activity in Schools: A Guide for Putting Strategies into Practice

Assess current classroom physical activity practices.

Identify opportunities to enhance or sustain classroom physical activity.

Take practical steps to integrate physical activity into the classroom.



# Online Platform


## STRATEGIES FOR Classroom Physical Activity in Schools



### Collect and Share Information

9. Collect information
10. Share successes, challenges, and lessons learned




 Overview

Definition

Categories

Platform guide

Share your story

 Build buy-in  
and provide training

Strategy 1

Strategy 2

Strategy 3

## Strategy 9

Collect information on classroom physical activity.

**Description** Key Activities & Questions Stories from the Field Resources

Teachers, administrators, and physical activity champions can collect information on classroom physical activity efforts, and teachers can track the types of physical activities they use in their classroom. This information can include preparation time, ease of implementation, whether students enjoyed the activity, and length of the activity. Students also can track their activities in a day planner.

Teachers can assess the effect of physical activities on student behavior, such as whether students are focused, having fun learning, and exhibiting fewer off-task



# Additional Resources

**SPRINGBOARD**  
FOR THE WORLD

## INTEGRATE CLASSROOM PHYSICAL ACTIVITY IN SCHOOLS

**What is classroom physical activity?**  
Classroom physical activity serves as a strategic opportunity to promote physical activity during the school day. It links secondary topics among students and boosts academic achievement.

**What's happening currently?**  
Across the nation, schools, school districts, and states have different policies and practices that affect classroom physical activity opportunities.

**Classroom physical activity defined:**

- Any type of activity done in the classroom.
- Done at any time and occurs in one or several breaks during the school day.
- Offered in addition to physical education for all school levels by US.
- Offered in addition to recess for all school levels (K-12).

**There are five primary associations of physical activity integrated into classroom activities:**

- Classroom participation
- Classroom activities
- Classroom activities
- Classroom activities
- Classroom activities

**Adding opportunities for physical activity during the school day:**

- Classroom participation
- Classroom activities
- Classroom activities
- Classroom activities
- Classroom activities

Data Brief

## Integrate Classroom Physical Activity

### Getting Students Active During School

Add location, date, or other information here.

EDUCATIONAL DEVELOPMENT CENTER

PowerPoint Presentation

**IDEAS FOR PARENTS**

## Classroom Physical Activity: How Can You Help?

Classroom physical activity includes any physical activity performed in the classroom during the school day. Classroom physical activities can last from 5 to 15 minutes and can be done all or one time or several times during the school day. Teachers can include physical activity into their classroom academic lessons or provide short breaks in class. Classroom physical activity can increase students' overall physical activity and improve their attention, classroom behavior, and test scores.

**What's Happening at School?**

Knowing the answers to the following questions can help you support classroom physical activity in your child's school. If you don't know the answers to these questions, check out the school handbook or school website, attend a school wellness meeting or Parent-Teacher Association (PTA) meeting, or simply ask your child's teacher:

- Does the school or district have policies about providing daily classroom physical activity to all students? If not, what are they?
- Do classroom teachers integrate physical activity into academic lesson plans? If so, how are they doing that?
- Do classroom teachers provide physical activity breaks throughout the day? If so, what types of breaks?
- What type of training or continuing education do teachers receive about incorporating physical activity into the classroom?
- Is the teacher able to make adjustments for students with health issues or disabilities?
- Are there opportunities for parents to help identify and lead classroom physical activity breaks?
- Is the school signed up for Let's Move! Active Schools, the national physical activity and physical education solution that equips school leaders and teachers with the resources and tools to implement effective classroom physical activity?

Ideas for Parents

# JOPERD

October 2019

## Integrate Classroom Physical Activity in Schools

Supporting Literacy Development through Movement

SHAPE America

JOPERD Article



## **Strategy Highlight**

Provide professional development or in-service training on classroom physical activity.

# Implementation Guide

## Questions for Consideration

Use the following questions to guide key activities and inspire new ideas:

- How will you gauge and prioritize the professional development needs of school staff and partners at your school to help them integrate classroom physical activity?
- What are facilitators and barriers for classroom physical activity that can be addressed through professional development opportunities?
- What resources (for example, financial, human, and material) are available and necessary to provide professional development on classroom physical activity?
- Who can be engaged to conduct and facilitate professional development on classroom physical activity that addresses the needs of school staff and partners at your school?
- How can physical education teachers partner with other teachers to integrate physical activity into the classroom?

## Key Activities

Put Strategy 3 into practice through the following activities:

- ✓ Identify relevant professional development topics for classroom physical activity.
- ✓ Prioritize professional development topics for classroom physical activity.
- ✓ Determine who can conduct professional development opportunities for classroom physical activity and the necessary resources and supports.



# Stories from the Field: Engaging PE Teachers in Professional Development



“Previously, [physical educators] shied away from offering help to other classroom teachers. But, **we have the knowledge – we know the anatomical basis for movement...and the research behind what happens when someone sits for hours and hours a day.**”

- Amy Riggio  
Health and Physical Education Teacher  
Loudoun County Public Schools



# Strategy Resources





## Contact

Kate Holmes

[kholmes@nnphi.org](mailto:kholmes@nnphi.org)

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

Twitter: @Springboard2AS



# Q&A

Please type any questions for Jean, Kate or Charlene in the Q&A feature





# Thanks for joining Active Classrooms 101: Get Up and Moving!

Jean Moize, Action Based Learning  
Kate Holmes, Springboard to Active Schools

**UP NEXT: Principals' Perspectives on The  
Benefits of Active Classrooms**

**Tuesday, January 7, 3-3:45pm ET / 2-2:45pm  
CT / 1-1:45pmpm MT / 12-12:45pm PT**