GET THEM UP!
GET THEM MOVING!
GET THEM LEARNING!

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Today’s Objectives…

• RESEARCH
  • Helpful Suggestions
  • Demonstration of Easy Activities
  • (Yes, you will move a bit!)
Research Supports the Benefits of Physical Activity

JOHN RATEY 2009
“SPARK”
Proves that taking time for physical education/activity activities positively affects academics.
Additional studies around the world have supported these conclusions

- “The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance”
  - Report by the Centers for Disease Control and Prevention

- “Physical Education, Physical Activity and Academic Performance”
  - Brief by Active Living Research

- Source:
  - http://www.sparkpe.org/physical-education-resources/academics-physical-activity/
“Relation of Academic Performance to Physical Activity and Fitness in Children”
Article from Pediatric Exercise Science, 2001

“Higher Levels of Fitness Associated with Better Academic Performance among New York City Public School Students”
Report from the NYC Health Department and the NYC Department of Education –

• Source:
  • http://www.sparkpe.org/physical-education-resources/academics-physical-activity/
While there is virtually NO DATA to justify a common myth:

PE should be reduced or eliminated so children have more time to focus on other subjects.

“Why We Should Not Cut P.E.”

Educational Leadership Article from Jan 2010 issue of Health and Learning

*Eliminate physical education to increase time for reading and math, the theory goes, and achievement will rise. But the evidence says otherwise...*

• Source:
  • http://www.sparkpe.org/physical-education-resources/academics-physical-activity/
Acute Physical Activity & Cognitive Performance

- Pontifex et al., 2008
Grade 5 SAT-9 and Physical Fitness Scores

Source: www.cde.ca.gov/statetests/pe/pe.html
Grade 7 SAT-9 and Physical Fitness Scores

Source: www.cde.ca.gov/statetests/pe/pe.html
Grade 9 SAT-9 and Physical Fitness Scores

Source: www.cde.ca.gov/statetests/pe/pe.html
In addition...

• Another study demonstrated that increased physical activity (240 minutes per week) leads to consistently higher mathematics scores
  • NASPE Recommends 150 minutes a week

### PHYSICAL ACTIVITY & ACADEMICS

- Balance improves reading capacity
- Exercise reduces stress
- Physical activity improves behavior
- Movement reinforces academic skills
- Cross-lateral movements organize brain functions
- Peptides aid procedural memory
- Eye-tracking skills and peripheral vision aid reading

- **Source:** Cathy Summerford “Action-Packed Classrooms”
GET’EM UP!
GET’EM MOVING!
GET’EM LEARNING!
What is Physical Activity?

- Occurs when the body moves.
- Happens throughout the day....
  - Recess
  - Classroom Activity Breaks
  - Physical activity clubs/groups before and after school
  - And is a part of Physical Education
WHAT IS A BRAIN BREAK?

- “Brain Breaks work by getting children moving physically which increases the blood flow by bringing more oxygen to the brain and leads to better concentration.

- Well developed Brain Breaks can help students stretch, develop flexibility, improve coordination and gain focus for the next lesson,” according to the Action for Healthy Kids Organization.

- Source: Peaceful Playgrounds
BASIC vs SUPER CHARGED

• A basic “brain-break” is a 2 or 3 minute break away from the topic currently being taught combined with a movement activity.

• The best kind of a brain break is a Super Charged Brain Break which entails a movement activity linked to an academic concept.

• Source: Peaceful Playgrounds/Dr. Melinda Bossenmeyer
The POWER of MUSIC

• Music connects the functions of the right and left hemispheres of the brain so that they work together and makes learning quick and easy.

Brain function is increased when listening to music and studies have shown that music promotes more complex thinking.

• Source: The Learning Station
The physiology of the brain and body changes after a human sits in a chair for about 17 minutes plus or minus 2 minutes.....

- Blood starts to leave the brain and pool in the hamstrings.....
- The Brain sends a signal to the body that the human is at rest.....

Source: Jean Blaydes Madigan (Action Based Learning)
HELPFUL TIPS

- Plan for only 2-5 minutes for each activity.
- Have structured planned activity break.
- Utilize a variety of activity breaks.
- Get to know your students.
- Utilize Music
- Select an activity that compliments your academic lesson.
FUN WITH BALLOONS

California Physical Education Standards

Kinder 1.12 Strike a stationary ball or balloon with the hands, arms, and feet.  2.6 Explain the role of the eyes when striking objects with the hands, arms, and feet.

1st Grade 1.18 Strike a balloon upward continuously, using arms, hands, and feet 1.19 Strike a balloon upward continuously, using a large, short-handled paddle.  2.12 Identify the location of the contact point to strike an object upward.

2nd Grade 1.12 Strike a balloon consistently in an upward or forward motion, using a short-handled paddle.  2.12 Identify the different points of contact when striking a balloon upward and striking a balloon forward.

3rd Grade 1.12 Strike a ball continuously upward, using a paddle or racket.

4th Grade 1.13 Strike, with a paddle or racket, a lightweight object that has been tossed by a partner.  1.14 Serve a lightweight ball to a partner, using the underhand movement pattern.  2.8 Explain the differences in manipulating an object when using a long-handled implement and when using a short-handled implement.

5th Grade 1.11 Hit a softly tossed ball backhanded with a paddle or racket.  1.12 Strike a tossed ball, with different implements, from a side orientation.  5.4 Identify the following phases for striking a ball: preparation, application of force, follow-through, and recovery.
FREE Physical Activity Resources

- Instant Recess
  http://www.networkforahealthycalifornia.net/pa/InstantRecess.html

- Go Noodle
  https://www.gonoodle.com

- Support Real Teachers

- NEWSIES Get Up and Go
  https://www.youtube.com/watch?v=LSEUR2gZUFc