CLASSROOM-BASED PHYSICAL ACTIVITY

How to incorporate movement into your classroom
Outline

• Introducing *Brain Blasters*
• Classroom physical activity (PA): benefits & research
• Barriers
• Resource sharing
• Recommendations & best practices
Group Activity

Snap Wink
1. Stand up
2. Wink your left eye and snap your right hand index finger and thumb at the same time
3. Wink your right eye and snap your left hand index finger and thumb at the same time
4. Now add a stomp when you wink and snap
5. Switch back and forth as fast as you can

This activity will engage both hemispheres of the brain and promotes neural pathways. Recommended for Grades 3-5.
What is classroom PA?

• A short burst of PA within the classroom (typically 1-5 minutes)
• A time to incorporate movement in the classroom
• A time to recharge the brain
• A time to increase focus
Why do we need brain blasters?

• 31.8% of children and adolescents are overweight or obese (FRAC, 2015)

• 2 out of 3 students do not meet recommended PA guidelines (CDC, 2014)

• 10 million more Americans lead sedentary lives than in 2007 (PAC, 2014)

• Today’s children are the first generation to have a shorter life expectancy than their parents (Nike Design to Move, 2014)
Benefits of PA

- Students need at least 60 minutes of moderate to vigorous PA per day (Strong et al., 2005)
- School performance is correlated with being in good physical condition (Grissom, 2005)
- The odds of passing standardized math and English tests increased based on the number of physical fitness tests passed (Chomitz et al, 2009)
- “All things being equal a physically active child has an advantage in learning and an inactive child is at a disadvantage for learning” (Hesslow, 2007)
Benefits of Classroom PA

• Classroom PA programs are effective at improving on-task behavior (Mahar, 2006)

• Physically active academic lessons improved standardized test scores by 6% (Donnelly, 2011)

• Classes that incorporate movement into the classroom have a significant decrease in out-of-seat behavior and off-task talking (Jensen, 2000)

• 85% of children are naturally kinesthetic learners (Hannaford, 1995)
  • Movements like brain breaks stimulate the inner ear and alert the brain to sensory stimuli
  • The more senses used the more likely the brain will retain information
Brain Blaster for k-2

Wiggles Workout

This action rhyme works wonders for the wiggles, and it gets youngsters ready to listen!

Stand up tall.       Stand.
Reach up high.       Stretch arms up.
Nod your head.       Nod head up and down.
Wink your eye.       Wink an eye.
Clap your hands.     Clap.
Touch your toes.     Bend and touch toes.
Stomp your feet.     Stomp feet.
Wiggle your nose.    Wiggle nose.
Sit right down.      Sit.
Hands in your lap.   Fold hands in lap.
Ready to listen      Cup one hand to ear.
Just like that!      Snap fingers.

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Barriers to Implementing

- Classroom management
  - Many teachers worry they won’t be able to calm students down after an activity.

- Time!
  - Almost every teacher struggles with a lack of time. Some teachers worry about devoting time to something that may not be 100% related to their lesson plans.

- Lack of space
  - With expanding class sizes and a continuous need for more space some teachers worry their students can’t move safely within the classroom.

- Lack of knowledge
  - Many teachers have a desire to implement classroom PA however they don’t have adequate resources to do so.

Check out [this video](#) for some resolutions for classroom management issues!
Free & Low Cost Resources

There are many free or low cost resources available. Check out the following examples to see what is best for you!
Videos

GoNoodle Dance Break

Geography Lesson
GoNoodle

Description: GoNoodle helps teachers and students get active with short interactive video activities.

• Source: www.gonoodle.com
• Type: PA & Academic
• Cost: FREE

Key Features:
• It’s Free!
• All activities are designed to engage the mind and body
• It’s quick! Activities require no set-up and have a variety of lengths from 1-20 minutes

Watch a 1st grade classroom take a GoNoodle dance break on the next page!
Fitness Dice

Description: Two die are provided. One has exercise instructions and the other provides the number of reps for each activity.

- Source: Create your own or purchase through gophersport, Oriental Trading, or Amazon
- Type: PA
- Cost: Free or < $20
- Note: This is a great activity to help students practice their leadership skills. Assign one student as leader. They roll the dice and call out actions and number of reps.

Click here for a free dice printout
Aerobo Circuit

Description: These are poly dots that can be used to promote exercise in your classroom. Each dot has an activity associated with it.

- Source: You can create something similar using paper or these can be found on Amazon, BSN sports, or S & S Worldwide
- Type: PA
- Cost: Create your own or $57.99 for set of 10
- Note: There is no right or wrong way to use these. Spread them out and play music while students walk to an open dot. Once the music stops students perform the activity noted.
ABC for Fitness

Description: This is a manual that provides instruction for teachers to incorporate short bursts of activity into their classroom.

(Activity Bursts In The Classroom)

• Source: Website & Downloadable PDF
• Type: Academic & PA
• Cost: Free
• Length: 8-10 Minutes
• Grades: K-5 (activities note grade specified)
• Research: A 2010 study found classrooms which used ABC Fitness had:
  • Decreased use in medications for ADHD and asthma
  • Improved physical fitness measures for upper-body strength, abdominal strength and trunk extensor improved

The following is an example of an ABC for Fitness activity.

(Katz, 2010)
<table>
<thead>
<tr>
<th><strong>Sports Galore</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grade level</strong></td>
</tr>
<tr>
<td><strong>Formation</strong></td>
</tr>
<tr>
<td><strong>Equipment</strong></td>
</tr>
</tbody>
</table>

**Directions**

1. Call out the following sports skills for students to mimic for at least 10-15 seconds each.
   - Shooting a jump shot
   - Running through tires
   - Batting a baseball
   - Serving a tennis ball
   - Downhill skiing
   - Spiking a volleyball
   - Swinging a golf club
   - Throwing a football
   - Juggling a soccer ball
   - Shooting an arrow
   - Shooting a hockey puck
   - Swimming underwater
   - Fielding a ground ball and throwing it to first base
   - Dunking a basketball
Energizers

Description: This is a teacher’s manual that provides instruction for integrating PA with academic concepts.

- Source: 58 Page Downloadable PDF
- Type: Academic & PA
- Cost: Free
- Length: 8-10 Minutes
- Grades: Activities For K-2 & 3-5
- Created By: North Carolina Board Of Education

The following is an example of an Energizers activity.
Name of Activity: Space Jam
Grade Level: K-3
Formation: Standing at desks
Equipment: None

Rules/Directions:
1. Teacher reads story to class and class identifies each verb or "action" word.
2. Teacher pauses during reading while class acts out each verb in place for 15 - 20 seconds.
3. Continue until end of story:

Hello, my name is Zippy and I live on a space station. Today, I will lead you on a tour through space. First, we need to put on our moon boots. They will allow us to walk through space. The first stop will be Mercury, the closest planet to the sun. Mercury is very hot... so, OUCH, be careful and step quickly so your feet do not get burned. Mercury also has many craters. On the count of 3, let's jump into a crater and see what we find. 1 - 2 - 3, JUMP! Climb out of the crater so we can march to Venus. Venus is the second planet from the sun. This planet has very strong winds and volcanoes. See if you can walk through the wind without blowing over. A lot of the surface of Venus is covered with lava, and here comes some... RUN! The next stop is Earth, the third planet from the sun. Seventy-one percent of the Earth's surface is water; so hop in and start swimming. See if you can do the front crawl and the backstroke. Our next stop will be Mars. Mars is known as the red planet. The largest mountain in space, Olympic Mons, is located on Mars. See if you can climb to the top! Jupiter is the fifth planet from the sun. It is made up of mostly gas and you can see clouds when you look at this planet. Find a cloud and see if you can float on it. Our next stop is Saturn, the sixth planet from the sun. It has a rocky core and there are areas of ice throughout the planet. There are also rings of gases around Saturn. WHOA, there is a huge piece of ice, be careful and slide across it. Hop on one of the rings surrounding Saturn and spin around in circles. Uranus is our next stop. It has a small rocky core. Can everyone tiptoe across Uranus watching out for the ice? Next, let's visit Neptune. Neptune has four rings and large storms with fast winds. It also has 13 moons. Quick, duck! Here comes a moon, move to the left so you do not get hit. Pluto is our next stop. It is the smallest planet and is furthest from the sun. It is a cold planet because it is furthest from the sun. Shiver and rub your hands together to stay warm. This ends our tour of space. Grab a partner and hop back to the space station.
Teach, Train, Love

• Source: Website
• Type: PA
• Cost: Free
• Length: 3-5 Minutes
• Grades: K-5 Videos Vary
• Examples:
  • 20 BRAIN BREAK CLIPS: MOVIN’ AND GROOVIN’!
  • 20 BRAIN BREAKS CLIPS: FIGHT THE FIDGETING!
  • 20 BRAIN BREAK CLIPS: KEEP ON ROCKIN’!

Click here for example
Jammin’ Minute

Description: This resource provides quick and simple workout routines that can be done desk-side or while sitting in a chair.

• Source: Website
• Type: PA & Health Information
• Cost: Free
• Length: 4-5 Minutes (5 Exercises)
• Grades: K-5

"Tardiness has gone down 30% because we jam right after the first bell. Kids don't want to miss our daily district-wide session together."

— Georgi Roberts, Ft. Worth SD

The following is an example of a Jammin’ Minute activity.
## JAMmin’ Minute

<table>
<thead>
<tr>
<th>Reps</th>
<th>Workout Routine: Standing Exercises</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>March in place</td>
</tr>
<tr>
<td>10</td>
<td>Face chair, tap toes on chair</td>
</tr>
<tr>
<td>10</td>
<td>Feet together, hop side-to-side</td>
</tr>
<tr>
<td>10</td>
<td>Tap your bottom on chair and stand up</td>
</tr>
<tr>
<td>10</td>
<td>Hands on abs, squeeze and release abs</td>
</tr>
</tbody>
</table>

**Health-E-tip**

Keep it to yourself! Avoid spreading germs when you have a cold by coughing into your elbow instead of your hand.
How do I incorporate Brain Blasters?
Ideas for Incorporating Brain Blasters

• Add a 3-5 minute Brain Blaster during subject transition
  • This is a great time for GoNoodle or Jammin’ Minute activity.

• Add movement into your curriculum
  • Verb Stories: As you read a story out loud have students act out the verbs as they hear them.

• Write activities into weekly lesson plans

• Learn from your peers!
  • Ask your fellow teachers what tools and strategies they use.
Ideas for Incorporating Brain Blasters

• Share ideas with one another-collaborate!
  • Talk in the hallway, talk at lunch, talk to teachers who are frequent users of classroom PA

• Add movement password for the day
  • Example: Every time a student asks to leave the room do 5 jumping jacks

• Use the brain blaster resources, you don’t have to reinvent the wheel!

• Add movement into your curriculum to reinforce key concepts

Watch a 4th grade teacher incorporate disco moves into her geography lesson on the next page!
Recommendations

• Aim for at least 2 breaks a day

• YOU KNOW YOUR CLASSROOM
  • Some days you may want to do more, other days you may want to do less

• There is no limit on how many you can do

• The type of activity doesn’t matter, if the students are moving—you’re doing it right!

• If one activity doesn’t work well, try another
Want Additional Information?

Contact: http://livewellomahakids.org/about-us/
Resource References

Want to learn more about the resources shared today? Click the following links to be directed to their webpage.

GoNoodle  Teach, Train, Love  Energizers

ABC for Fitness  Jammin’ Minute
References


