

AGENDA – Day 1

Physically Active Classrooms Institute

Making the ConneCTion – Physical Activity and Academic Achievement

Thursday, February 9, 2012

8:00 a.m. to 3:00 p.m.

Welcome and Setting the Stage 8:30 – 8:45

Jean Mee, Physical Education and School Health Education Consultant Auditorium

Active Bodies = Active Minds

Making Things Happen in a Physically Active Classroom 8:45 – 9:30

John Smith, Education Consultant, FlagHouse Auditorium

Knowing that students learn better during and after physical activity is the easy part. Finding the time, materials, concepts and appropriate activities is the hard part. *Let's pop a noodle, spin a top, stretch a band, twirl a scarf, shake a stick and move with a purpose!*

Morning Workshops 9:30 – 11:30

(Refer to handout for Workshop Descriptions)

1. **Activities for Academic Success**, Chris Ortiz Room 320
2. **Active Letters, Numbers and Shapes**, John Smith Auditorium
3. **Physically Active Learning in the Elementary Setting** Room 322
Phyllis Jones and Samantha Murr

“Healthy Schools” Luncheon 11:30 – 12:15

Alliance for a Healthier Generation Lobby and Auditorium

Stephanie Myers, Relationship Manager Healthy Schools Program

Nancy Duwenhoegger, 2011 Healthy Schools Program Champion

Today's luncheon is courtesy of the Healthy Schools Program, Alliance for a Healthier Generation. Learn how your school can access free resources and support by joining the Healthy Schools Program in Connecticut.

Brain-Based Learning through Movement 12:15 – 1:00

Carol Ciotto, Professor Auditorium

Central Connecticut State University

This session addresses the needs and benefits of utilizing movement to prepare the brain for learning. We will explore the “ABC’s of Brain Based Learning” with an emphasis on the relationship between movement and whole brain learning. Participants will explore a variety of classroom strategies and activities to stimulate the brain in preparation for learning and to get students moving throughout the day.

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Afternoon Workshops

1:00 – 3:00

(Refer to handout for Workshop Descriptions)

1. **Activities for Academic Success**, Chris Ortiz Room 320
2. **Just Move It! Infusing Physical Activity in the Classroom** Room 324
Michelle Owens and Nancy Duwenhoegger
3. **Moving Academics**, Carol Ciotto Auditorium
4. **Recess Rocks Active Classrooms**, Kim Thibodeau Room 322

Distribution of Tool-Kits

3:00 – 3:15

Part one of tool-kits will be distributed to preregistered school-based teams.
(Part 2 will be distributed on February 28)

Highlights for Day Two

- Featured presentation – *Making Schools Healthier and More Active*, Bob Pangrazi, Author and representative from GopherSport.
- Many more informative workshops and presentations, including *Managing Physical Activity in the Classroom*, *Focus your Locus* and *Ten-Minute Interdisciplinary Activities*.
- Part 2 of tool-kits!



Sponsored by:

Healthy ConneCTions

Connecticut State Department of Education

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www.ct.gov/sde/healthyconneCTions

A special thank you to all of our partners!

- Action for Healthy Kids
- Alliance for a Healthier Generation
- Connecticut Alliance of YMCAs
- Connecticut Department of Public Health
- FlagHouse, Inc.
- Gopher Sport
- New England Dairy & Food Council
- Pioneering Healthier Communities
- Recess Rocks
- Yale-Griffin Prevention Research Center