

Physically Active Classroom Institute
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Getting Started:

- 12 Tips to Use Energizers (Energizers! 88 Quick Movement Activities- E 88)
- Clapping Patterns (E 88)
- Laughing Handkerchief/Scarf Drop (E 88)

Energizers/Transitions: (Energizers: Classroom-based Physical Activities-developed by Activity Promotion Laboratory) (ECPA)

1. Morning Routine p.24
2. Hit the Deck p.17
3. It's a Zoo in Here p. 29
4. Sports Galore p. 12
5. Wiggles p. 15
6. On the Farm p. 20
7. Litterbox p. 28
8. Pass it On-Uno Style p. 10
9. Look Down, Look Up
10. Aura
11. Wring the dishrag
12. Partner balance
13. Partner Off-balance
14. Stand Up
15. Gotcha (Count Me In)

1. Language Arts:

- Stop and Scribble (ECPA) p. 21
- Air Writing (ECPA) p. 26
- Frozen Vocabulary (ECPA) p. 22
- As If (ECPA) p. 13
- Over, Under, Around and Through (ECPA) p.9
- Punctuation Shuffle (Strategies to Activate Learning and Physical Activity throughout the Curriculum) (SALPC) p. 29

Swat the word- (popper) (SALPC) p.37

*Spelling Words Relay

*Spelling Review Game

* Vocabulary Poppers

2. Math:

Inches, Feet and Yards, Oh My! (ECPA) p.11

Count Hopula (SALPC) p. 79

Nickel and Dime Game (SALPC) p. 83

Fitness Math

Card Play

Around the World

*Math Review Game

*Patterns

* Math Poppers

3. Science/Social Studies

Space Jam (ECPA) p. 16

Compass Points (SALPC) p. 5

The States Puzzle (SALPC) p. 11

*Communities

4. Health

Heart Smart p. 19

12 Days of Fitness (SALPC p. 55)

Fit Deck Cards

Go Slow Whoa

5. Yoga (Fit Deck)

Breath

Pointer

Tree

Cat/Horse

Child pose

Warrior I

Airplane

Warrior II

Camel

Bridge

Table

6. Making Your Own Lesson:

Talking Behind Your Back (Count Me In)

*Change the lesson into something you are currently teaching.