

Physically Active Classrooms Institute

Making the ConneCTion – Physical Activity and Academic Achievement

Day 1

9:30 to 11:30 a.m.

Activities for Academic Success

Room 320

Presenter: Chris Ortiz

Teachers are often challenged by their desire to use an experiential learning approach while at the same time meeting curricular content requirements. This workshop focuses on approaches for using interactive group problem solving and experiential-based activities to focus on curricular content.

What you'll learn:

- Activities to use in the classroom and a new perspective on lesson planning, curriculum design and implementation.
- Ideas for teaching curricular content in an active experiential way.

Active Letters, Numbers and Shapes

Auditorium

Presenter: John Smith, Education Consultant, Flaghouse, Inc.

This breakout session will be focusing on the physical activities, materials, and concepts that you can use in the classroom, spotlight letters, numbers, shapes and sizes. The New Take 10! books of 10 minute classroom activity breaks and the CATCH program's developmentally appropriate, evidence based, health and physical education program cards will be presented. Activities will include: bean bags, catch balls, dice, noodles, timer tops, jump ropes, Alpha dice, Minute to Win It activities and much more!

Join us for activity, discussion time, problem-solving and a time to learn together.

Physically Active Learning in the Elementary Setting

Room 322

Phyllis Jones and Samantha Murr

Participants will experience a variety of instructional strategies and activities appropriate for the elementary classroom, that will provide movement during transitions, modify lessons to include physically active learning and insert energizers into your classroom. We will demonstrate ways to add movement without losing valuable instructional time. Activities include scarf drop, wiggles, hit the deck, gotcha, Count Hopula and many more.

WORKSHOPS

Day 1

1:00 to 3:00 p.m.

Activities for Academic Success

Room 320

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Just Move It! Infusing Physical Activity in the Classroom

Room 324

Presenters: Michelle Owens and Nancy Duwenhoegger

In this session, participants will learn easy ways to engage students in classroom physical activity offerings throughout the school day without interrupting instruction. These activities are quick, require no equipment, can be implemented in limited space and are easy to learn and teach others. We will practice various ways to successfully infuse physical activity in the classroom no matter the subject area or grade level. We will share free Alliance resources; Fitness Trail Stations, Task Cards and Fast Breaks fitness videos. An Alliance Champion will share ideas and strategies to get your classroom teachers and staff excited about adding movement to the school day. You will leave this session with the tools that are sure to get your students moving and learning more!

"Moving Academics"

Auditorium

Presenter: Carol Ciotto

What could movement possibly have to do with learning? If movement were critical to learning, wouldn't the schools be employing it? You would think so. This session will address how movement increases attention span and helps the brain master new information. Participants will learn how to use short activity breaks or movement moments to refocus students and to use movement-based games to reinforce the academic learning process. We will discuss and explore through movement the components of brain based learning. Resources and practical strategies for implementing classroom-based physical activity with a connection to academic content will also be discussed.

As Einstein pointed out, "Learning is experience. Everything else is just information."

"Come and experience learning."

Recess Rocks Active Classrooms

Room 322

Presenter: Kim Thibodeau

Research shows: students' academic performance improves when brain and body work together. Though a sound foundation for any school's wellness initiatives, how do you balance kids' recommended physical activity guidelines and stay on goal? With Recess Rocks Active Classroom! Using multiple intelligences and active kinesthetic learning, these upbeat, non-stop 1–30 minute classroom and hallway activities:

- Boost fitness and academic success
- Improve students' concentration, behavior and memory
- Blend seamlessly into the school day
- Encourage teachers to glean valuable ideas to energize future classes

A healthy brain/body lift for teachers too, Active Classroom activities come tailored for every need: lesson plan tie-ins, subject switchin,' class time moves and hallways grooves.
