

Physically Active Classrooms Institute

Making the ConneCTion – Physical Activity and Academic Achievement

Day 2

9:30 to 11:30 a.m.

Focus Your Locus

Presenters: Rich Keegan and Justin McGlamery

This workshop involves various movement activities that help refocus a group's attention. These activities require participants to pay attention to complete movement activities in a group setting. Particular attention will focus on the movement based activities, and discussion of how reflection following the activities can both enrich and enhance learning.

Funding through Fuel Up to Play 60

Presenter: Amanda Aldred.

Fund your physically active classrooms by implementing Fuel Up to Play 60. Learn step-by-step how Fuel Up to Play 60 can support your activities and improve the wellness environment of your school. Fuel Up to Play 60 schools can qualify for up to \$4,000 per year in funding to support wellness initiatives. The next funding deadline is 6/1/2012; get tips on writing a successful application in this session.

Managing Physical Activity in the Classroom

Presenter: Dr. Bob Pangrazzi

Teachers often avoid content and practices that aggravate them, regardless of whether such practices are good for children. Physical activity in the classroom has often been avoided because it is seen as wasting time and making it difficult to get students back on track. This session will show how to effectively manage students in an activity setting so discipline and aggravation is minimized. Also included will be videos designed to teach classroom activities directly to students. Activities are designed to re-energize students and promote academic success.

Physical Activity in the Secondary Academic Classroom

Presenters: Lisa James and Tony Loomis

Presented by a content-area teacher and a PE teacher, this workshop is designed to give secondary teachers of various content areas ideas for getting students out of their chairs in order to (1) stay energized and focused, (2) review material, and (3) learn content-area concepts and skills that require critical thinking. Attendees will also have an opportunity to create an activity for one of their own upcoming lessons.

Physically Active Learning in the Elementary Setting

Presenters: 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.

Day 2

1:00 to 3:00 p.m.

ABC's for Fitness

Presenter: Judy Treu

This session will introduce ABC for Fitness™, a program designed to offer up to 30 minutes of daily physical activity in elementary school classrooms by converting time normally spent getting students to pay attention into structured productive “bursts” of supervised physical activity spread over the school day. The program is available free of charge, and offers flexibility in the number, type, and length of activity bursts. A menu of options ranges from basic activity bursts, to activity “bursts of imagination,” to activity bursts that promote physically active learning in various subject areas (e.g. math, music, social studies, language arts, science, and health).

Advocating for Physically Active Schools

Presenter: Jean Mee

This session explains how to inform diverse audiences about the importance of physical activity. Answers and resources will be provided for these questions and more:

- Why promote youth physical activity?
- What resources are available to help with the message?
- How do you reach specific audiences such as school administrators, school board members, community leaders, and families and caregivers?

The CDC Youth Physical Activity Guidelines Toolkit will be featured.

Interdisciplinary Physically Active Learning at the Secondary Level

Presenter: Rich Keegan

This session is designed to help teachers feel comfortable integrating physically active learning with various academic concepts. A variety of activities will be shared that can be incorporated into your curriculum that will be helpful in addressing various themes, thematic units or recurring problems in education, such as fragmentation and isolated skill instruction. Come join us and take away some exciting ideas to bring back to your program that can help your students see the value of what they are learning and become more actively engaged.

Ten-Minute Interdisciplinary Activities

Presenter: Casey Pilkington

Did you know that incorporating physical activity into your classroom can take less than ten minutes? This session will show you how! You will have the opportunity to experience fun, effective and quick interdisciplinary activities for the elementary classroom. This session will also provide strategies for incorporating these activities into your classroom and school. In addition, you will learn about school wide and classroom based programs such as Brain Gym and Action Based Learning Labs.
