

Active Kids Do Better



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Agenda

- Introductions/Ice Breaker
- Background Information
- Healthy Schools Act
- Physical Activity & Academic Achievement
- Comprehensive Physical Activity Program
- Physical Activity & Common Core
- Resources

Objectives

- **Objectives #1:** Discuss the benefits of physical activity for students and highlight the link between physical activity and academic achievement.
- **Objective #2:** Discuss best practices for increasing physical activity before, during, and after the school day.

Background Information

- Educating the Student Body: Taking Physical Activity and Physical Education to School

Videos

Educating the Student Body: Taking Physical Activity and Physical Education to School



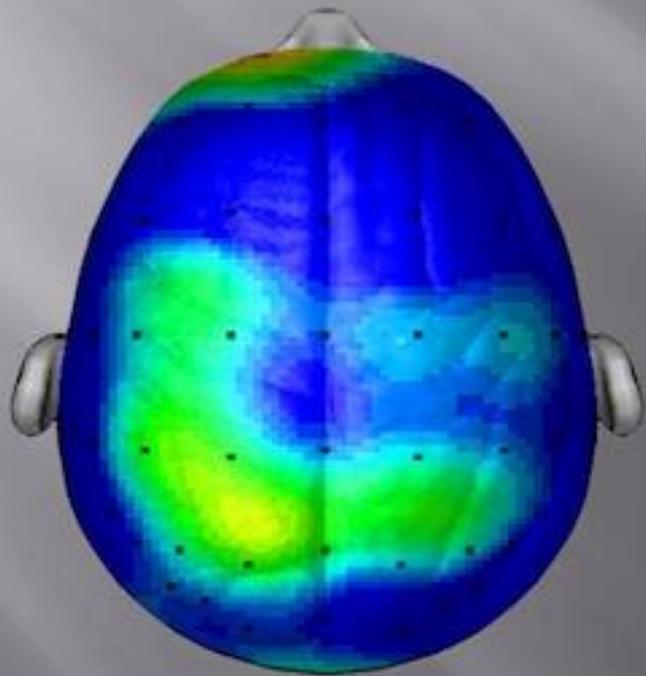
Healthy Schools Act

- 2014-2015 Physical Education Requirements
 - K-5: 150 minutes of PE/week
 - 6-8: 225 minutes of PE/week
 - GOAL: 60 minutes of daily physical activity
- DC Physical Activity for Youth Grant
- DC Physical Education & Health Education Grant

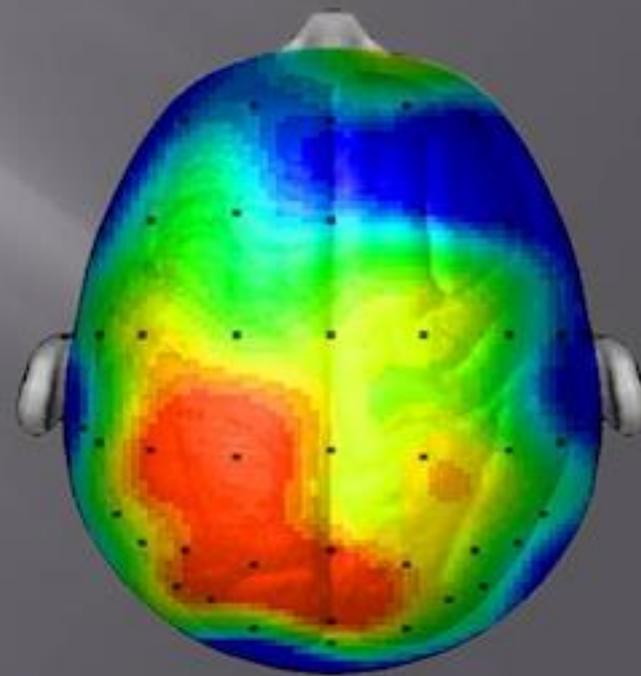


Physical Activity & Academic Achievement

BRAIN AFTER SITTING
QUIETLY

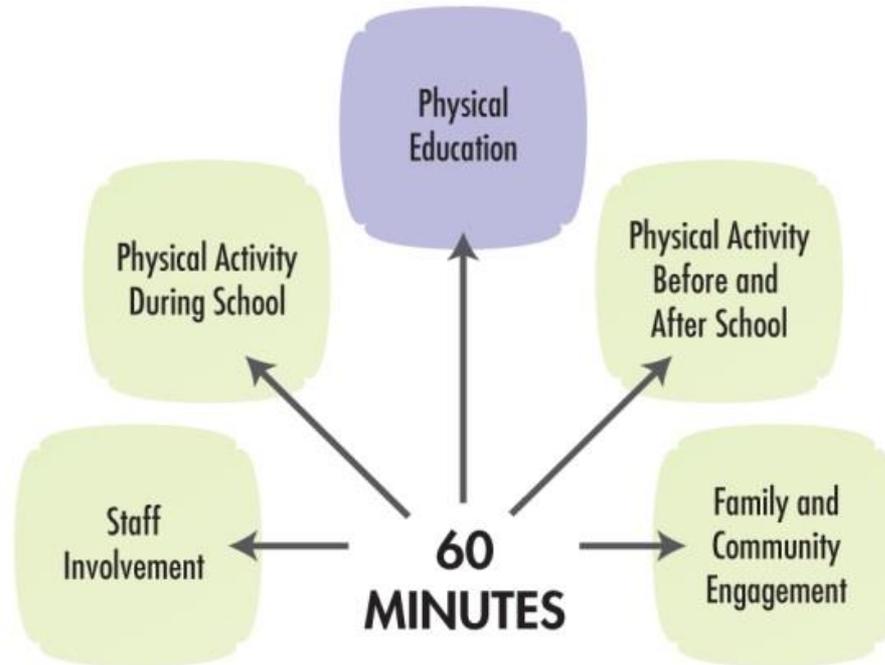


BRAIN AFTER 20 MINUTE
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois

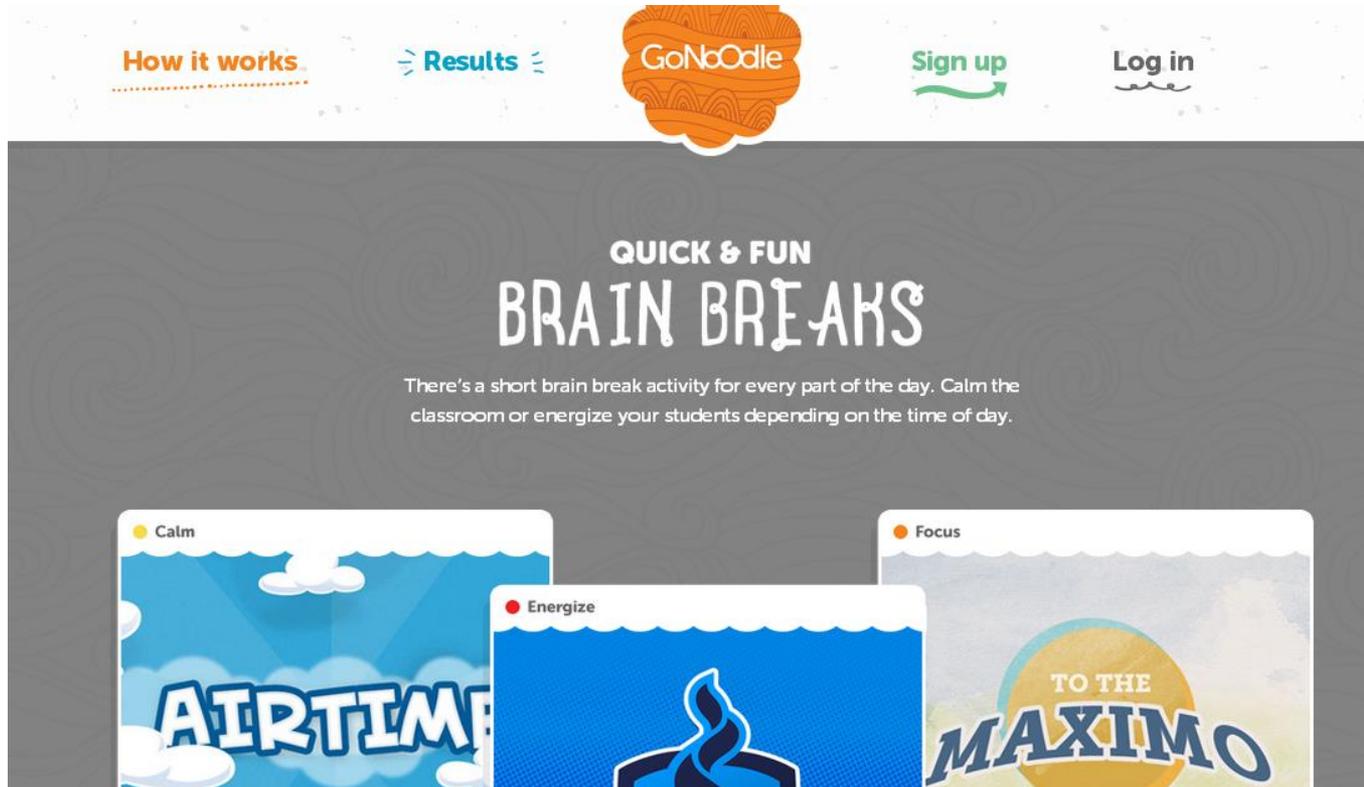
Comprehensive School Activity Programs



COMPREHENSIVE SCHOOL
PHYSICAL ACTIVITY PROGRAM

<http://www.cdc.gov/healthyyouth/physicalactivity/cspap.htm>

Classroom Physical Activity



The screenshot shows the GoNoodle website interface. At the top, there are navigation links: "How it works" (underlined), "Results" (with a menu icon), the "GoNoodle" logo (a stylized orange brain), "Sign up" (with a green arrow), and "Log in" (with a wavy line). Below the navigation is a dark grey banner with the text "QUICK & FUN BRAIN BREAKS" and a sub-headline: "There's a short brain break activity for every part of the day. Calm the classroom or energize your students depending on the time of day." Below the banner are three activity cards: "Calm" (with a yellow dot and a blue sky background with clouds and the text "AIRTIME"), "Energize" (with a red dot and a blue background with a stylized flame), and "Focus" (with an orange dot and a grey background with a sun and the text "TO THE MAXIMO").

<https://www.gonoodle.com/>

Classroom Ideas

Brain Breaks

Quick activities to get the blood pumping and wake up your brain!

Prescription: Select an activity when kids start to lose their focus...

Hop on 1 foot for
1 minute
heatherhaupt.com

Jump the River
jump back and forth
across a rope

Do 10
Jumping Jacks

Spin around 5
times

Sing
Head, Shoulders,
Knees and Toes

Have a quick race
around ____.

Do a headstand.
Hold position for
1 minute

Do 10
Cartwheels

Do 10
Summersaults

See how long
you can balance
on 1 foot.

Have a Skip, Hop,
Gallop Race

Do a wheel-barrow
race. (1 kid walking on
hands while someone holds
their legs.)

Dance and sing
to a favorite
song

Shake the 'sillies' out.
(start by shaking each part of your
body until everything is shook
out)

Do 10
Cartwheels
heatherhaupt.com

Movement is key to turning our
kids 'ON' to learning.

heatherhaupt.com

Resources

- Adventure to Fitness:
<http://adventuretofitness.com/>
- Jam School Program:
<http://www.healthetips.com/jam-program.php>
- Activity Works: <http://activityworks.com/>
- Playworks Playbook:
<http://www.playworks.org/playbook>
- East Carolina University Energizers:
[http://www.ecu.edu/cs-hhp/exss/upload/energizers for grades k 2.pdf](http://www.ecu.edu/cs-hhp/exss/upload/energizers_for_grades_k_2.pdf)

Thank you

- Comments
- Questions

