

# Integrating Physical Activity into the Classroom



# Presenter

- ◎ Sue Brittenham, Ed. D.
  - > State Physical Education Cadre Member
  - > Consultant for the Colorado Health Foundation

# Goals of Presentation

- Identify the importance of integrating physical activity into the classroom
- Identify how to integrate physical activity into the classroom

# Definitions

- **Physical Activity** - a behavior, bodily movement resulting in energy expenditure
- **Physical Education** - planned, structured, sequential program based on standards.

Physical Education

Physical Activity During School (Classroom & Recess)

Staff Involvement

5 Components of Comprehensive School Physical Activity

Family & Community Engagement

Physical Activity Before and After School

# How Active **Should** Young People Be?

*Among 6-19 year olds, 60 minutes of moderate to vigorous physical activity on most, if not all, days of the week.*

Center for Disease Control (CDC)  
US Department of Health & Human Services  
(USDHHS)

# Definition

- **Moderate to Vigorous Physical Activity (MVPA)** – *the intensity at which the activity is being performed*

# 2015 Colorado Health Report Card

More than  
**10%**  
of children are obese.



And only  
**2 of 3**

Colorado children exercise at least 20 minutes four times a week, nowhere near the recommended hour-a-day of exercise for all kids.





# Why Schools?



# CDC & American Academy of Pediatrics



# HB 11-1069

- ⦿ 600 minutes of physical activity during the school day per month (**average of 30 minutes/day**)
- ⦿ 4 day school week = **30 minutes/day**
- ⦿ Includes physical education, recess, classroom movement (physical activity breaks)

**Scheduled time  
vs.  
MVPA time**



# Scheduled time vs. MVPA time

- ⊙ **Physical Education** (36 - 50%)
  - > 30 minutes = 10.8 to 15 minutes
- ⊙ **Recess** (48 - 67%)
  - > 30 minutes = 14.5 to 20 minutes of MVPA
- ⊙ **Classroom Activities** (estimate 85 - 90%)
  - > 30 minutes = 25.5 to 27 minutes of MVPA

# active kids learn better



physical activity at school is a win-win for students and teachers

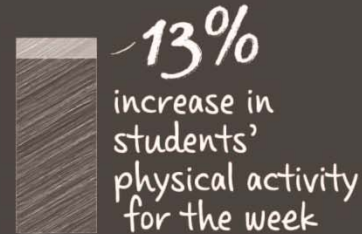
GRADES:



STANDARDIZED TEST SCORES:



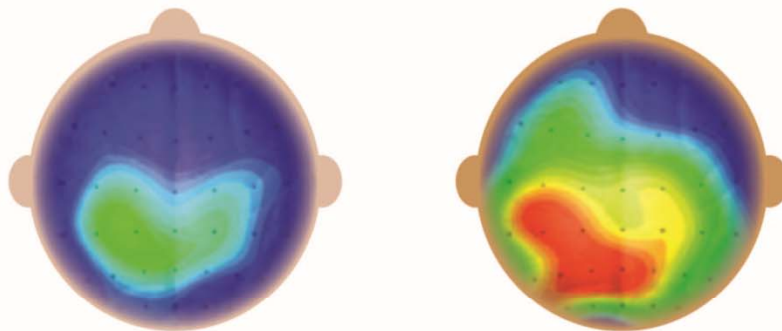
JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



21% decrease in teachers' time managing behavior

## physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of sitting quietly

after 20 minutes of walking

Red areas are very active; blue areas are least active.

MORE RESULTS:

after 20 minutes of physical activity:

students tested better in reading, spelling & math and were more likely to read above their grade level

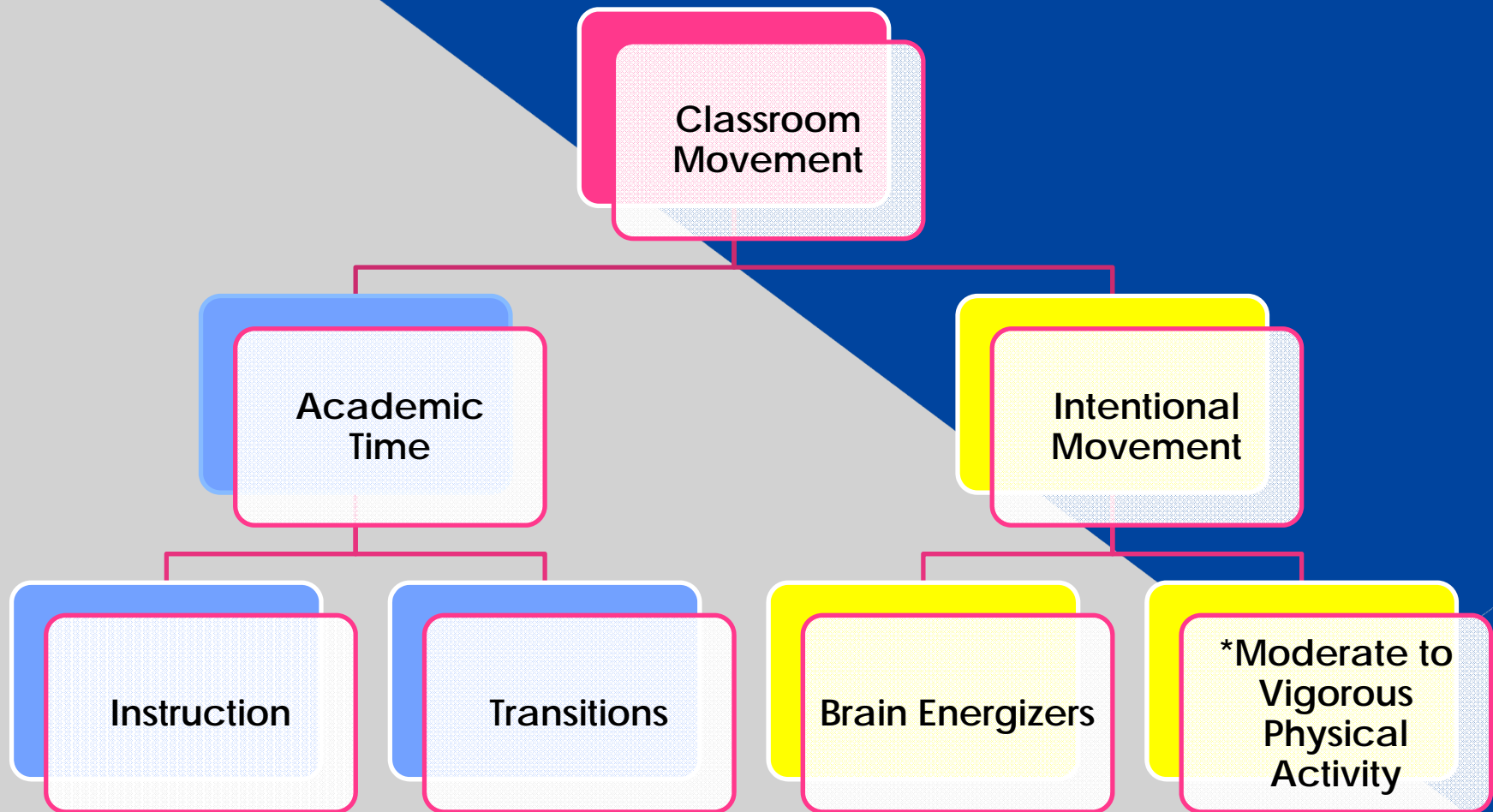
after being in a physically active afterschool program for 9 months:

memory tasks improved 16%



SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10!: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larson P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.

# How To Integrate Physical Activity in the Classroom





# Academic Time

## ◎ Instruction

- > Pedometers - math
- > Jumping Jacks – Spelling
- > Ball Toss – Class Review
- > Walk & Talk– Group Discussions

## ◎ Transitions

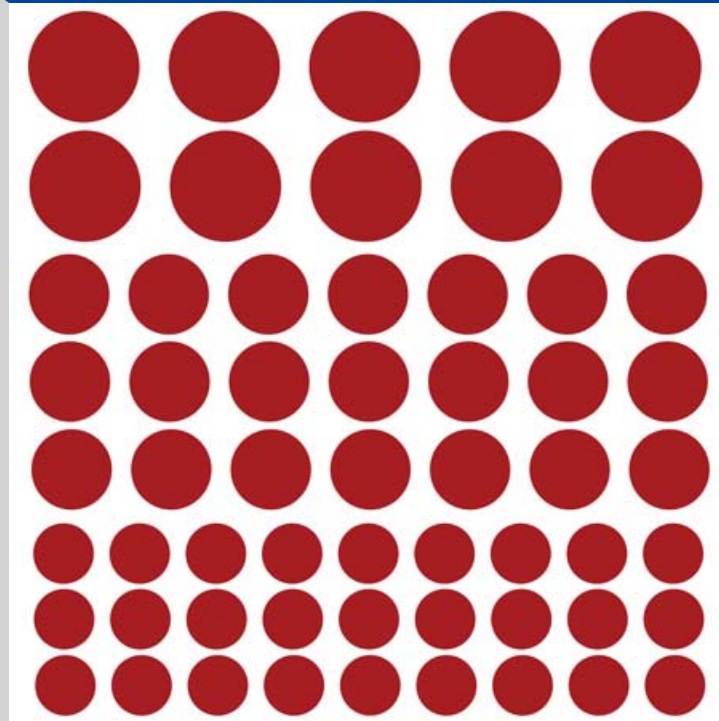
- > Handouts
- > Clean Up
- > Line Up



# MVPA Activities

- Hotspots
- FitDeck Cards
- Fitness Stations
- Music – Move
- Popsicle Sticks
- QR Codes

# Hotspots



# FIT DECK



# Popsicle Sticks



# QR Codes-Fitness



# Websites

- ◉ JAM School Program
- ◉ Colorado Health and PE (Facebook)
- ◉ FUNtervals
- ◉ Let's Move
- ◉ Go Noodle
- ◉ Adventure to Fitness
- ◉ Red Hawk Elementary
- ◉ Take 10!

# Resources

- ◉ Fab 5 (Focused Fitness)
- ◉ Take 10
- ◉ NFL PLAY 60
- ◉ Fuel Up to Play 60
- ◉ Fitness for Life
- ◉ Active & Healthy Schools Program
- ◉ Healthy Kids Club
- ◉ 101 Classroom Games

*Facebook Group: Colorado Health and PE*

# PLAY60 – *Note Handoff*





# Transition From Activity to Work

- ◉ Clear Expectations
- ◉ Consistent Routine
- ◉ Music
- ◉ Breathing Exercises
- ◉ Balance Exercises
- ◉ Eye Exercises



# Mead Elementary



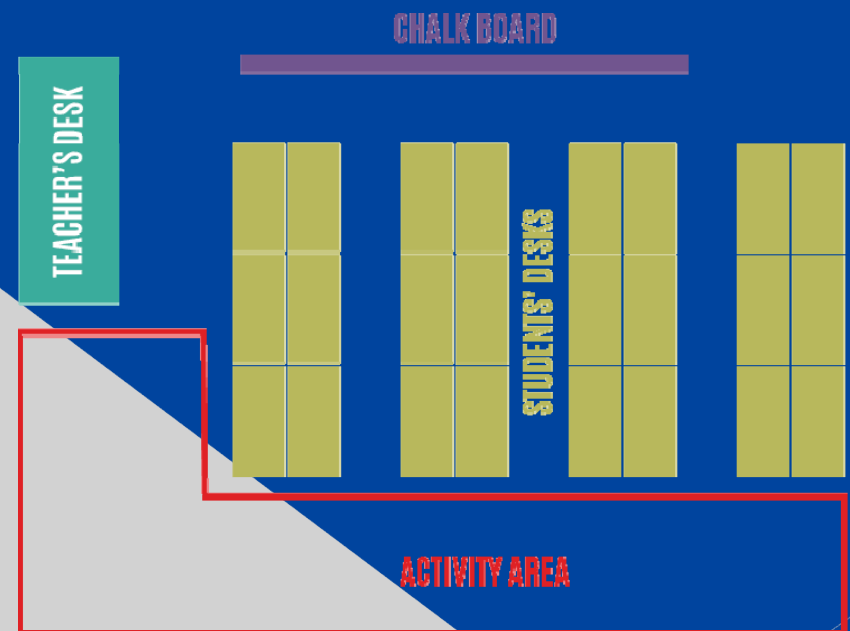
Mead Elementary  
**All-School Rotation for 3<sup>rd</sup> Grade**  
9:10-9:30 am

- ⦿ Day 1: Mustang March
- ⦿ Day 2: Laps (walking and running)
- ⦿ Day 3: Dance, Rhythmic Activity, Fitness Game
- ⦿ Day 4: Fitness Stations
- ⦿ Day 5: Various Activities, Games and Videos
- ⦿ Day 6: Various Activities, Games and Videos
  
- ⦿ One Friday/Month: All-School Movement



# Tips for Integrating Movement Into the Classroom

- ◉ Schedule time
- ◉ Quick and easy
- ◉ Little or no equipment
- ◉ Variety
- ◉ Space
- ◉ Consistent transitions



# Take Action

- ◎ **Plan** RMC Health *The Destination: Healthy Schools Successful Students. A Roadmap & Guidebook to Implementing Coordinated School Health*
- ◎ **Educate Stakeholders** Research – Active Living Research
- ◎ **Professional Development Opportunities:**
  - › Integrating Physical Activity Workshop
  - › Brain Based Learning Workshop

# Pair and Share

- ⦿ The importance of integrating physical activity into the school day
- ⦿ Identify 2 physical activity ideas
- ⦿ 1 action step to support the integration of physical activity

# Follow-up Support

- ◉ Facebook Group:  
Colorado Health and PE
- ◉ Email:  
[s.brittenham@comcast.net](mailto:s.brittenham@comcast.net)



# Take Action!

## Review, Update and Strengthen Your Local Wellness Policy

- **What:** CDE Office of School Nutrition & CEI offering 4 regional wellness policy trainings
- **Why:** Take wellness policies to the next level!
- **Dates:** Frisco (11/3/15), Colorado Springs (11/17/15), Denver (3/3/16), Alamosa (3/29/16)
- **Who** (should attend): Wellness team
- **How** (to register):  
<http://www.cde.state.co.us/nutrition/tntgregionalttrainings>

# Goals of Presentation

- Identify the importance of integrating physical activity into the classroom
- Identify how to integrate physical activity into the classroom

**Thank You!**

*Make some time to be  
physically active today! 😊*

