

Let's Get Moving!

Effective Strategies for Physical Activity Breaks in
the Classroom



PennState
PRO Wellness

Agenda

- Study Information
- Physical Activity Breaks
 - Participate in PA breaks
 - Discuss how you might use them in your class
 - Monthly survey completion
- Resources Available To You

Participation

- ✓ Baseline survey
- Brief monthly surveys (5 questions)
- Final survey
- Use physical activity breaks in your classroom throughout the study



Physical Activity Breaks Defined

- An exercise break that contributes to a child's recommended 60 minutes of physical activity per day lasting between 5 and 20 minutes.



Why physical activity breaks?

Healthier Students = Better Learners

- Kids spend up to half their waking hours in school
- Physical activity increases oxygen to the brain
- Physical activity breaks are associated with:
 - Improved attention
 - Improved concentration
 - Improved academic behavior
 - Improved academic achievement



PennState
PRO Wellness

Types of physical activity breaks:



- Classroom physical activity break
- Active learning
- Stretching and mindfulness

Physical Activity Breaks



- Phantom sports



Mindfulness and Stretching

- Promotes individual awareness and emotional expression through breath, movement and guided activities
- Can assist with classroom management following a break
- Increases positive student behaviors



Active Learning

- Using movement to review and learn academic content
- Promotes better student learning
- Time effective



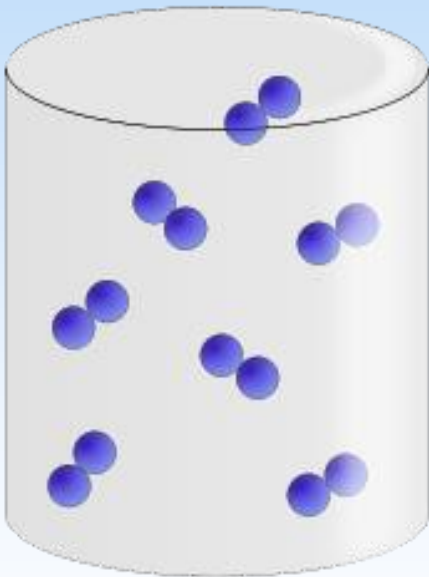
Discussion #1

- What are some ways that you can see yourself incorporating physical activity breaks directly into some of your core lessons or subjects such as math, social studies, science, and reading?

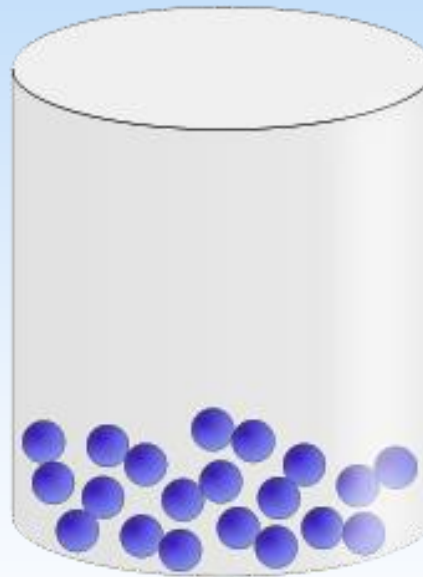
Teacher-led and academics



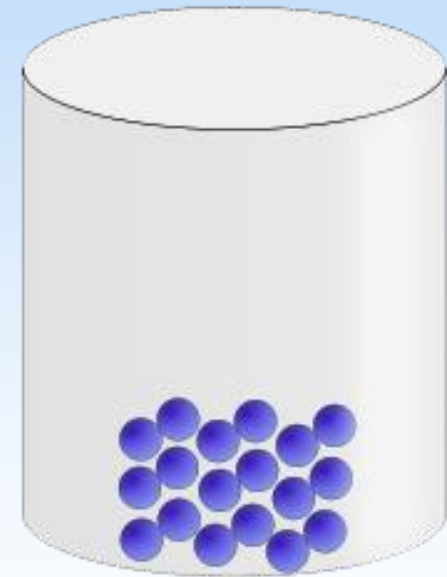
- *Moving molecules*



Gas



Liquid



Solid

Discussion #2

- What benefits do you foresee when incorporating activity breaks into your classroom?
 - For your students?
 - For your role as a teacher?



Discussion #3

- What are some ideas to overcome the time barrier of implementing physical activity breaks?

Discussion #4

- What are ways for teachers to take control of the noise level to prevent physical activity breaks from getting too loud and distracting other classrooms?

Discussion #5

- Some kids may have a lack of motivation when these brain breaks are initially implemented. How can you ensure that all kids participate, and combat the “too cool” attitude?

Resource Toolkit

- **Fuel up to Play 60**
- **Active Academics®**
- **Go Noodle**
- **PRO Wellness Website**
- **Access to PRO Wellness staff for brainstorming and assistance**
- **Monthly emails with new tips and resources**

Thank You!

Any questions?

Please contact:

Elizabeth Hivner

Ph: 717.531.1440 ext. 1

Email: ehivner@psu.edu

Kara Shifler

Ph: 171.531.1440 ext. 284616

Email: kshifler@psu.edu



PennState
PRO Wellness

References

- Lengel, T., & Kuczala, M. (2010). *The kinesthetic classroom: Teaching and learning through movement*. Thousand Oaks, CA: Corwin.
- Robert Wood Johnson Foundation. (2013) Do short physical activity breaks in the classroom work? *Active living research* Retrieved from http://www.rwjf.org/content/dam/farm/reports/issue_briefs/2013/rwjf409779
- Centers for Disease Control and Prevention. (2010). The association between school-based physical activity, including physical education, and academic performance. Retrieved from http://www.cdc.gov/healthyschools/health_and_academics/pdf/pa-pe_paper.pdf