

Cheslea Freel
SCSU

This Letter is in support of Raised HB 5467, An Act Establishing A Red Ribbon PASS Program:

Using PASS at Dunbar Elementary School in Hamden was a beautiful way to introduce more physical activity to a limited-size classroom. I was able to get the students up and moving and having fun while also introducing more concepts to a topic that the regular education teacher didn't even think of. Even the simple standing at their desks to complete a question and walk to the board to write the answers helps them to focus more on their work than if they were given the task and asked to quietly complete it.

The name of the game was called Math Jump. Students worked as a group to answer math equations such as $6 \times 7 = ?$ And the like, while also incorporating some simple squats and jumps for the answers at their desk to give them as much physical activity as they can get rather than sitting for 6 to 7 hours a day in regular education classes. The way I executed this PASS plan was by also stressing counting and rhythm, which has proved to be an important skill in student life when asked to read aloud in the classroom. The best part about PASS plans is that it focuses on CORE curriculum standards for students as well.

Overall, the students loved being able to stand in the very least and to have small 'fidgets' that would help them during the day (what my class in particular called little hand motions when they feel antsy-it helps to take their mind off wanting to get up and move and refocusing on the teacher). The teacher of the class I visited sent an email saying that she would deathly corporate more pass planning and her lessons just for the sole benefit of increase student focused and their overall enjoyment of moving around rather than to continue sitting in one spot at all times.

Good luck Dr. Fede!!!!