P.A.S.S.= Physically Active School Systems

ConneCT
Communicate
Cooperate
Collaborate

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Art by Jacquelyn Fede MA
Physical Educators need to make **ConneCTions** between BRAIN & BODY

- Motor Learning & Motor Development
  - Helps kids read and write
  - Rhythmic activities/keeping a beat (Hannaford, 1995)
  - **Cross lateralization** (Blaydes, 2000)
  - Juggling
  - Brain dance/Dancing (Gilbert, 2000)

- Movement anchors learning: bring curriculum into the gym.
- Motor Skill development
  - Sports, games, lifetime physical activity & FUN

- Affective Domain
  - Teamwork, self-efficacy, self-confidence, self-esteem, values and advocates for PA/PE
Quality Physical Education MVPA (PA Guidelines)

NASPE MINIMUM Recommendations for PE
Elementary School: 150 mins/week
Middle school & High School: 225 mins / week

Reality
A recent CDC report found daily PE in only:
4% of elementary schools
8% of middle schools
2% percent of high schools

• How does your program compare?
Quality Physical Ed

- Naperville, IL. Central High School
MVPA: Physical Activity Intensity

- Light PA = attention reset. Physically active classroom
- Moderate PA = lasting effects up to 60 minutes. PE & Recess.
- Vigorous PA = initial fatigue, (balance, bring back to close to resting) but effects last longer. PE class & structured recess, before & after school programs. (Phillips, 2011; Tomparowski, 2003)
Guidelines

• Optimizing time spent in PE: quick transitions, grouping, start/stop signals
• PA levels during PE = MVPA
• PE & Health assessment tools
  • PECAT
  • School Health Index
  • Alliance for Healthier Generation
  • SOPHE
  • Healthy School Program
Classroom Educators need to make **ConneCTions** between BRAIN & BODY

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What does the Research reveal?
Effects of PA on Learning
What benefits have been researched?

- ++ Psychological well-being
- -- Anxiety and depression
- ++ Self-esteem
- – Overweight and obesity
- + HDL cholesterol
- – Blood Pressure
- ++ Skeletal health
- ++ Cognition, Focus
- - Absenteeism
- - Behavior issues
Physical Activity During School:

**Benefits**

- Activities that reinforce & link classroom curriculum to movement
- Facilitate retention, concentration, & behavior.
  - Improved time on task (Greico, 2011)
  - Fewer discipline problems (Mahar, 2008)
  - Increased Academic performance (Castelli, et al, 2007)

**3 types**

- Content rich
- Brain breaks
- FUN
Active Classroom Resources

- Lessons (Reed, 2010)
- Activity Cards (Pangrazzi et al, 2009)
- ABC for fitness (Katz, 2007)
- Brain Based Learning (Blaydes, 2000)
- Smart Moves (Hannaford, 1995, 2005)
- Take 10
- Framework for movement (Kuczala, 2010)
Communication with .......

- Children
  - Reinforce classroom curriculum in gym
- Their right to move!
- Benefits of PA
  - Physical
  - Cognition
  - Readiness
  - Focus
Communication

- **Administrators, Faculty, & Staff**
  - Fight for your program
  - Start small: Get 1-2 teachers on board
  - Classroom concerns
  - Help them make the CONNECTION
  - Small space activities/energizers
  - Framework for movement in classroom (Kuczala, 2010)
  - Benefits to mind, body & spirit
  - Naperville model (Ratey, 2008)
  - Collect Data: Pre/post test scores, attendance, time on task,
How do you Communicate with...

- Parents?
  - Newsletters, PA/Fitness report
  - Family fitness & nutrition activities
  - Involvement in before/after school programs
  - Disservice to children if not in Physically Active School System (P.A.S.S.)
The Media?

- Advertise your quality PE program/reinforcing curriculum
- During school: Active classroom
- Before school activities
- After school activities
- Share data: test scores, video clips, testimonials
Cooperation & Collaboration with...

- Faculty, Staff & Administrators
- Other Specials: Music, Art, Home Economics & Information Technology
- YMCA & Faith Based Orgs.
- Community & State Leaders
- Higher Education
- Get classroom teachers, principals to become stakeholders!
- Family cooking classes
- Family fitness classes
- Community walks/runs for a cure: Grants/donations
- P.A.S.S. Bill
- Research projects, grants, student teachers
Best Practices out in the field that you can ConneCT, Communicate, Cooperate & Collaborate with...

- **Lets move in school**
- **P.A.S.S & Southington**: Hatton Elementary School pilot program: Marcia Phelps PE
- **Wallingford**: Action Based learning labs in several schools. Patty Pursell, PE Cadre member & PE.  
  Ppursell@wallingford.k12.ct.us
- **Hamden**: ABC’s for Fitness implemented in two 3rd grade classrooms in BearPath & West Woods. 
  Susan.smey@hamden.org (principal)  
  barbara.nana@hamden.org (principal) 
  jessica1278@hotmail.com (PE teacher)
- **Hartford**: Maria Sanchez Elementary School, Dave Anderson PE 
  http://www.activityworks.com
References/Resources

Activities

- Tony chestnut (LA)
- Moving Math & Words on the move (Math & LA)
- Spell Tag (LA)
- Opposite Hunt (Geography, Vocabulary)
- Lung Capacity (Science)
- Sentence Hoopla (LA)
- Math Toss (Math)
- State Arrangement (Geography)
- Blood Flow (Science)
- Pata Pata (Cultural Dance)
What are the REAL experts saying about the Active Classroom?