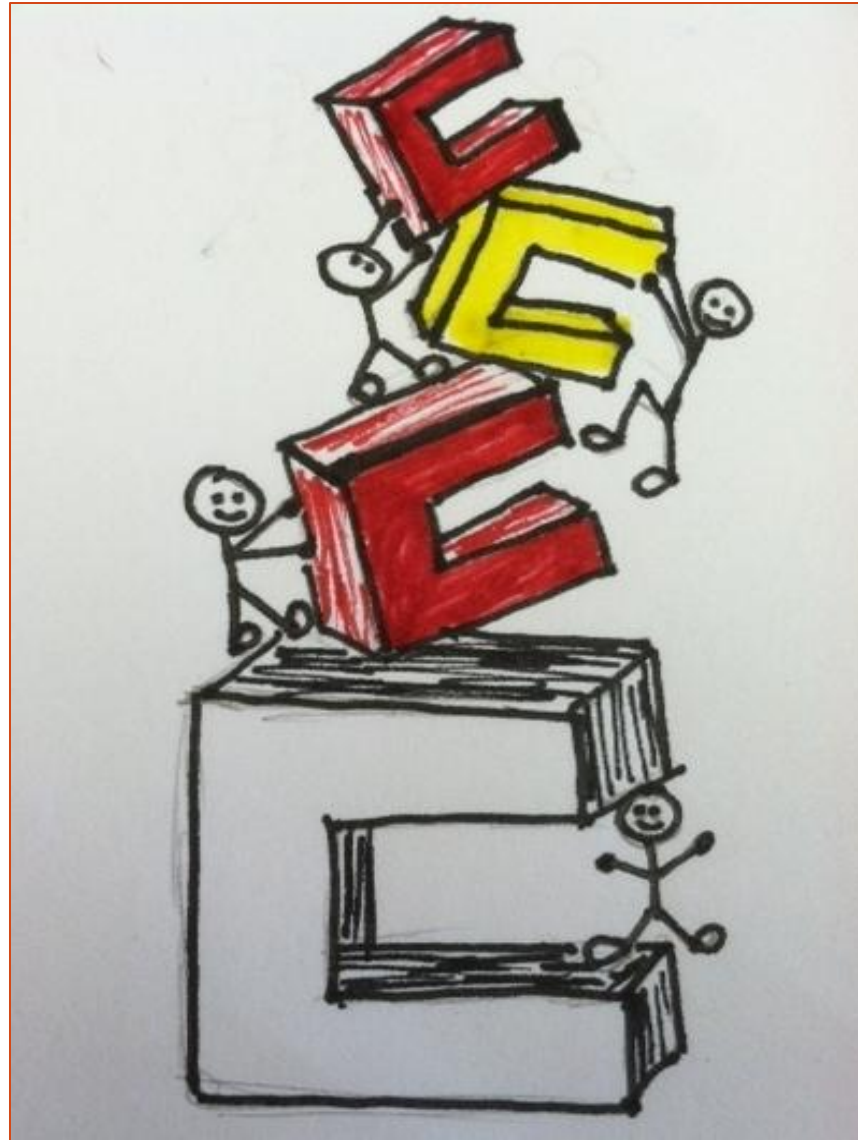


# P.A.S.S.= Physically Active School Systems

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: 225mins / 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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  - Helps kids read and write
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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 with.....

- 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](mailto:Ppursell@wallingford.k12.ct.us)
- [Hamden](#): ABC's for Fitness implemented in two 3<sup>rd</sup> grade classrooms in BearPath & West Woods.  
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[jessica1278@hotmail.com](mailto:jessica1278@hotmail.com) (PE teacher)
- [Hartford](#): Maria Sanchez Elementary School, Dave Anderson PE  
<http://www.activityworks.com>



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# 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?

