

### Moving and Learning Healthy Bodies, Healthy Minds

- Paula Toomey
- Jeremy Thomas
- Carla Schmidt
- Dawin Wu
- Elmhurst School District 205
- Conrad Fischer Elementary

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### What's going on at Conrad Fischer

- Low Fitness Scores
  - Only 47% of 4<sup>th</sup> and 5<sup>th</sup> graders meet HFZ in mile run
  - 49% of 4<sup>th</sup> and 5<sup>th</sup> grade boys did NOT meet the HFZ in body composition (BMI)
- Low academic achievement
  - 31% Low income families (Dist 8%)
  - 25% Limited English proficiency (Dist 3%)
  - 47% of students speak a second language at home
  - 15% Mobility rates (Dist 5%)

All of these factors affect test scores/achievement

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**Brain Research**

- SPARK – Dr. John Ratey
- Brain Rules – Dr. John Medina
- General Overview
  - We think better when we are moving
  - Direct relationship between fitness levels and academic achievement

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**So??**

What can we do at Conrad Fischer to affect both children’s health and their test scores??

- Physical Education
- Classroom
- Extended Activities
- Home School Connection

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**Physical Education**

- Goal Setting
- Engaging All Students
- Connection to the Classroom
- Extended Activities
- School Home Connection

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## Motivating Students Through Goal Setting

**Fitness Based Curriculum**

- Personal Fitness Plans
  - Set goals from Fall FitnessGram pre-test
  - Review
- Monthly Pacer Test
  - Graph Results
  - Huge Motivational Tool
  - Team Pacer

**Example of Student Graphs**

Month	Pacer Score
Feb.	25
Jan.	20
Dec.	22
Nov.	20
Oct.	15
Sept.	12

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## Engaging ALL Students

- Small Sided Games
  - Emphasis on Fitness
  - Modified Rules
- Ask for students Advice/Thoughts
  - Quick thumbs up or down
  - Ask them how to modify game
  - Ask them how to reach certain goals or objectives

**Small Sided Soccer**

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## Connection to the Classroom

- Collaborate with Teachers
- Academic Games
  - Incorporate Academics
  - Literacy Ladder
  - Emphasis on Fitness
  - Easily done with any tag game
    - Examples
      - Wizard Tag
      - Who Let the Dogs Out
      - Circuit Training
      - Pirates Treasure
      - Hungry, Hungry, Hippo




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## Extended Activities

- Before School
  - Club Fischer
- During Lunch
  - Mileage Club
  - Basketball Tournament
- After School
  - Intramurals
- Community Resources At Lunch
  - Yoga
  - Karate




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## School Home Connection

- Pedometers
  - Track Steps for a week
- Freddy the Fitness Frog
  - Picture with frog exercising and then write about it
- Family Fitness Night
  - Bring Parents, Students, and Community Together
- Family Yoga Nights
  - Brings Parents and Students Together




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## Movement in the Classroom

- Activity Center
- Brain Breaks
- Academic Breaks
- Stability Balls
- Lessons with movement
- Successes




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### Activity Center

- Wiggles
- During independent work time
- Rules and activities
- One minute (a timer is in the activity center) at a time
- Set amount of times they can go to the center
- Equipment: scarves, rings, cones, bean bags, balance boards, stability balls, discs, balls, weights, hula hoops, etc....
- Discrete part of the classroom or hallway




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### Academic Brain Break



(1-3 minutes of movement)

#### Fun Brain Breaks

(1-3 minutes of Movement)

- Gotcha
- Aerobics to music
- Freeze dance
- Limbo

- Math Fact Aerobics
- Spelling Jumping Jacks
- Write Spelling Words on Back and Guess Word
- Cross Lateral Knee Slaps spelling
- Spelling Back to Back High Fives
- Spell words with your body, individually or as a team
- Trace letters in air with your body

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### Aerobics




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### Benefits of a Stability Ball



- Focus and concentration is increased
- Allows students to get their wiggles out.
- Works well with students with ADD/ADHD
- Improves posture
- Works on the body's core muscles
- Small movements stimulate the brain, and helps student stay awake
- Rules are set to prevent misuse

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### Movement in the Classroom

**Incorporating movement into lessons:**

- spelling
- vocabulary
- science
- grammar
- adding locomotor movements



**Examples:**

- Contraction race game
- Math race
- Midwest run
- Riddles race

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### More Movement in the Classroom

Grammar relays



Spelling with your bodies



Acting out Verbs



Spelling Catch

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# Grammar Relay



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# Successes

### Attention

- \* more focused
- \*engaged students

"Another thing is when you get into class you feel like you don't have to run around." Corey

### Academics

- Growth in:
- \*Math
  - \*Reading



### Behavior

- \*Major improvements
- \*Outlets-bike, activity center etc...



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# Kids Thoughts.....

"When we get out of gym, we feel good." Bart

"These are some facts about why you should have gym everyday. You get lots of exercise, it helps you think better, and it helps your heart." Jonathan

"This is why P.E. is important because you get exercise, you practice your vocabulary words, and you become stronger." Devin

"Daily P.E. makes your brain work harder." Celeste

"Also we make more brain cells and we get smarter." Bryan

"Another fact is when we go back to class we feel happy and educated. When I'm happy I write faster. My brain gets bigger when I'm happy." Jelecia

"It makes you smart because blood pumps to your brain. If you didn't have as much going to your brain you wouldn't be as smart." Corey

"Every week I do [better] on my spelling test. I do better because we do spelling in P.E." Melissa

"Energy is good to make you smarter." Katie

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Questions?



- [ptoomey@elmhurst205.org](mailto:ptoomey@elmhurst205.org)
- [jthomas@elmhurst205.org](mailto:jthomas@elmhurst205.org)
- [cschmidt@elmhurst205.org](mailto:cschmidt@elmhurst205.org)
- [dwu@elmhurst205.org](mailto:dwu@elmhurst205.org)

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