

Welcome

Create a handshake

You have 45 seconds to find someone to create a social greeting that has at least 4 moves and one has to be a cross-over action with arms or legs.

Opened with Jenga: What can you write on Jenga to make it part of your curriculum, character counts, fun items.



Imagine your
Classroom
Filled with
these.....



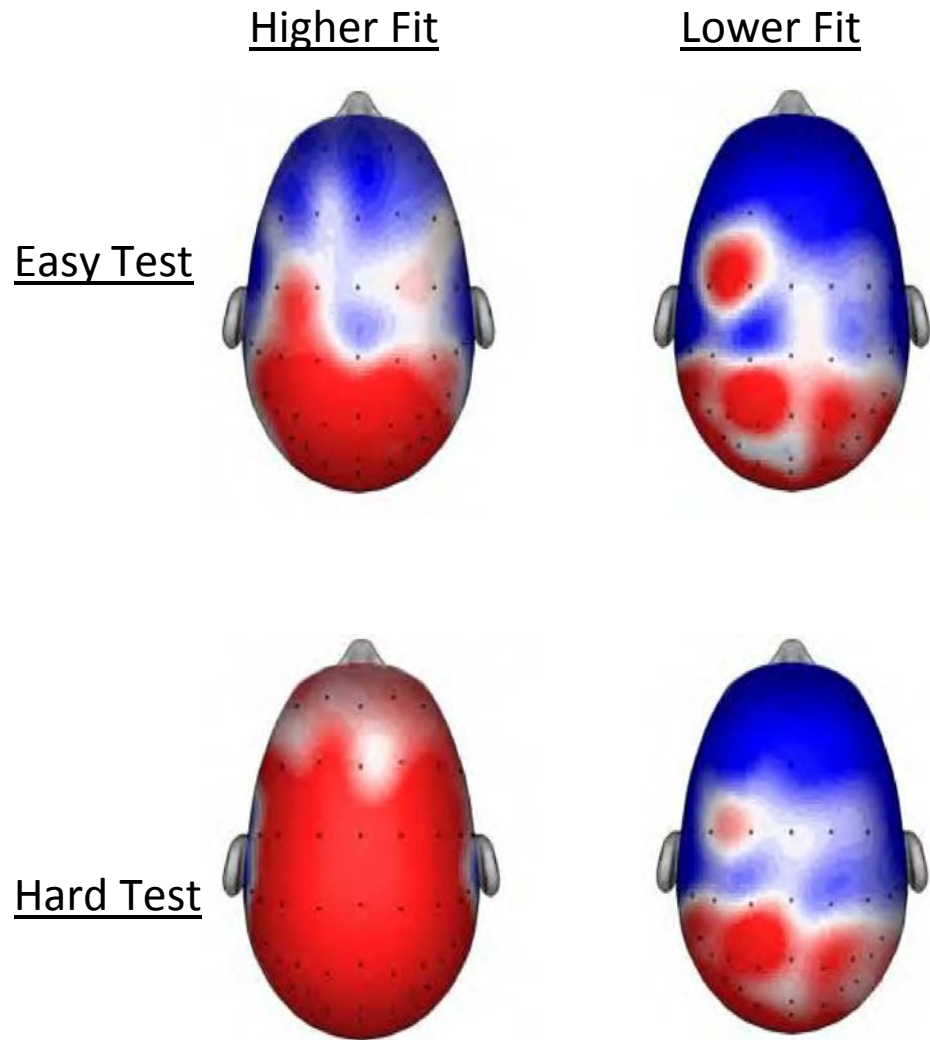
There was overwhelming evidence of a positive performance change.
Including cognitive skills, attitudes, academic behavior, and achievement:

- Attention/concentration
 - Self-esteem
 - Creativity
- Perceived self-concept
 - Impulse control
 - Working memory
 - Classroom conduct
- “On task” (not fidgeting)
- Achievement test scores
- Grades/grade point average

Cognitive Effects of Fitness on Preadolescent Children

Average
composite image
of higher
and lower-fit
student brains
taking easy and
hard cognitive
tests

Pontifex, et. al. (2011).
*Journal of Cognitive
Neuroscience*.23(6):1332-45
Scan compliments of Dr.
Charles Hillman University of
Illinois



Physical Movement

It's like

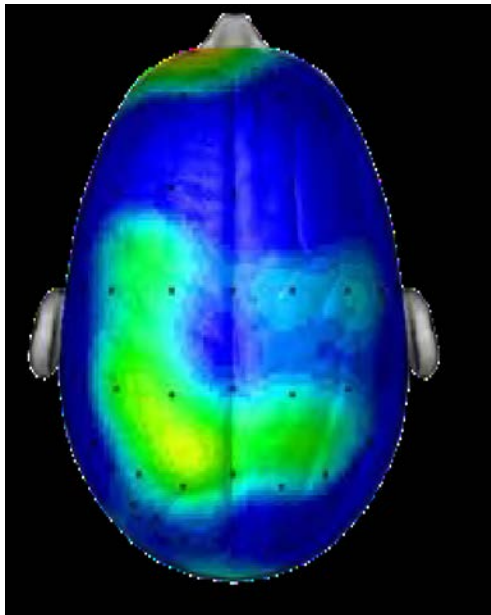
Miracle-Gro®

for the Brain!

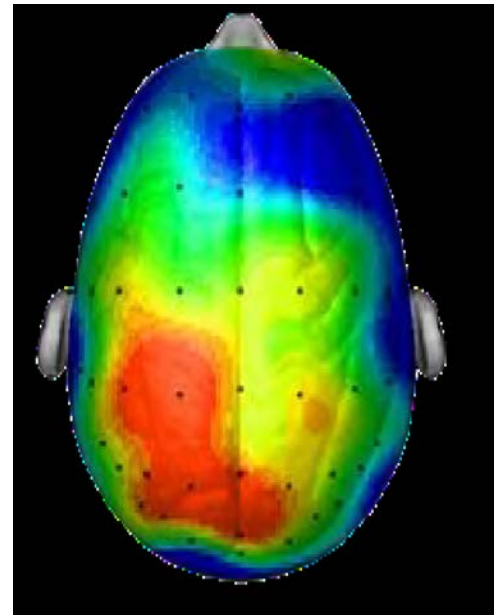
Dr. John Ratey

Brain activity while taking a test, with these actions taking place prior to taking test

Sitting Quietly



Walking



Hillman, et al. (2009). Neuroscience. 159(3):1044-54 Scan compliments

Geometric Shapes

Use ropes, string (colored), etc...

- Triangle (higher level – 3 or 4 sided pyramid)
 - Square (higher level - 3D Square or Cube)
 - Trapezoid
 - Circle
- Ropes 5'-6' in length



Juggle

Individual, Partner and Group

Group juggle: Tennis balls going around patterns. Trying not to go with a hand off next to you. Once you have pattern, reverse it.

Call out names while you toss. Once you have pattern, add another ball. If really good, you can have a ball for each person in group.

Science

When instructor has completely finished statement, you act out one of the scientific occurrences that may affect us.

The list of statements is in website at end of presentation - science site.
Create anything with terms and or statements for your curriculum.

earthquake (“shake”) – shake or wiggle.

volcano (“bake w/pop”) – squat down and jump up to the ceiling.

tornado (“twist”) – twist.

hurricane (“mist”) – imitate jogging through a strong wind

Plate balance relay

How many items
can you get to go
on top of plate while
carrying on head

Reaction Time



Screen time games

Have disappearing “themes” during your lesson plans to keep the students alert.

Ball toss and or Rulers

Drop rulers or toss balls and catch.

Open hand and catch ruler. Keep track of distance dropped and avg them weekly.

Going for a stroll

Quiz each other while walking down hall and back, summarize story, brainstorm while walking
(works for Google and Apple)

Hands, moving hands, reaching out.....

-Wave/move right hand with palm away, back and forth, left to right

STOP

-Wave/move left hand with palm away, up and down

STOP

Do both actions at the same time

STOP

-Wave/move left hand with palm away, back and forth, left to right

STOP

-Wave/move right hand with palm away, up and down

STOP

Do both actions at the same time

Laugh and giggle – which also is very good for you
physically and mentally!

Wink, Wink

- Wink with right eye 5x, wink with left eye 5x
- Wink both eyes 5x

- Wink with right eye, snap with left fingers
- Wink with left eye, snap with right fingers

Electric impulse/circle wave

How fast can we get this impulse to travel around the circle??

- Hand to hand impulse moving around the circle one time
 - What technique is fastest?
 - Have them brainstorm/write on faster ways or what helps within the group for going faster or slower?
 - Do it one or two times per week for a month, track it with graphs.
- What percent increase or decrease occurred from one week to the next.

Build a bridge, building, staircase, etc..

How about dominos and create a falling pattern.

Sequences with colors

**Build the tallest object you can with these
(self supporting)**

Throw math
(addition)

Rock paper scissors
– Olympics!

Language Arts

<http://www.eatsmartmovemorenc.com/Energizers/Texts/MS-Energizers-Lang-Arts.pdf>

Healthing Living

<http://www.eatsmartmovemorenc.com/Energizers/Texts/MS-Energizers-Healthful-Living.pdf>

Math

<http://www.eatsmartmovemorenc.com/Energizers/Texts/MS-Energizers-Math.pdf>

Music

<http://www.eatsmartmovemorenc.com/Energizers/Texts/MS-Energizers-Music.pdf>

Science

<http://www.eatsmartmovemorenc.com/Energizers/Texts/MS-Energizers-Science.pdf>

Social Studies

<http://www.eatsmartmovemorenc.com/Energizers/Texts/MS-Energizers-Social-Studies.pdf>