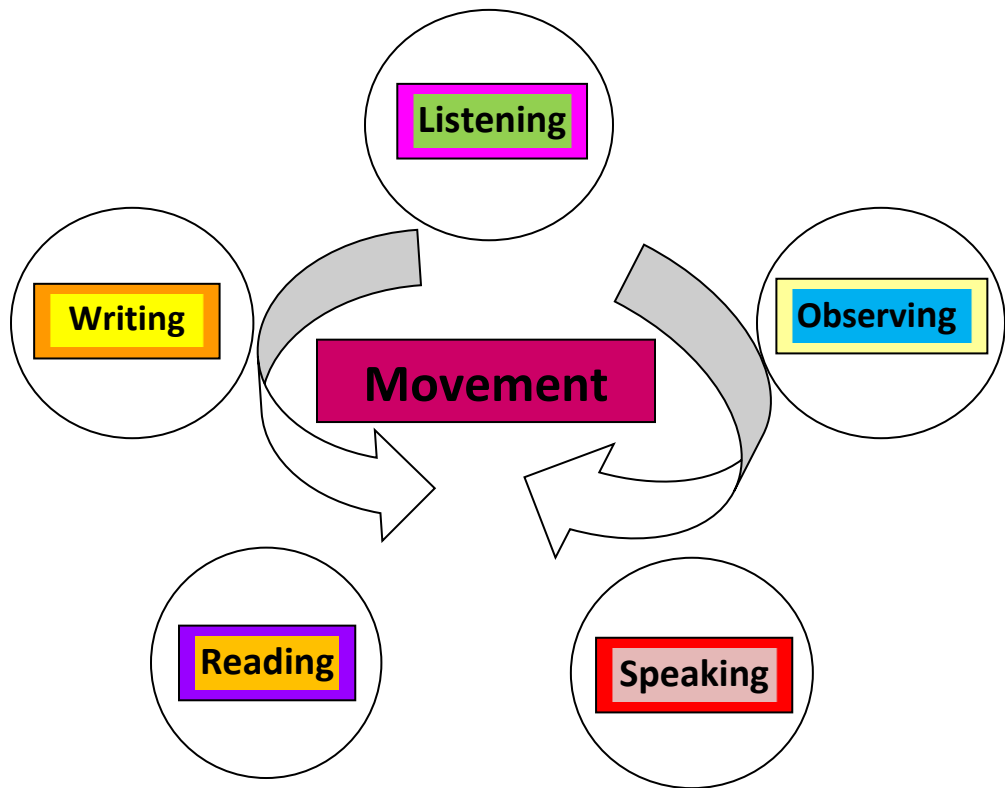




# Minds in Motion: A Literacy Approach to Physical Education



Current emphasis in education is based on the Common Core Standards Initiative and the vital role literacy plays in student learning. When learning and teaching are approached within a cross-disciplinary framework, we can reach more children and increase retention of new ideas. Presenters will make the connection among physical literacy, general literacy and physical education by sharing activities for both the gymnasium and classroom that support movement, literacy, cognition, social interactions and positive affect.



General Literacy \_\_\_\_\_ Physical Literacy

### Presenters:

Jennifer Gorecki, Ph.D. – Kent State University, Kent, Ohio [jgoreck1@kent.edu](mailto:jgoreck1@kent.edu)

Rhonda Hovatter, Ed.D – Shepherd University, Shepherdstown, WV  
[rhovatte@shepherd.edu](mailto:rhovatte@shepherd.edu)

Darlene Lipovic – Woodbury Elementary (International Baccalaureate School Candidate), Shaker Heights Public School District [lipovic\\_d@shaker.org](mailto:lipovic_d@shaker.org)

## Resources:

CBS News Health. (2012). *Fit children perform better in school: Cultural effect at school credited with stronger fitness and academic performances.* <http://www.cbc.ca/news/health/fit-children-perform-better-in-school-1.1208275>

Common core Standards for ELA/Literacy in Physical Education  
<http://www.livebinders.com/play/play?id=841874>

Couturier, L., Chepko, S., & Holt-Hale, S. (2014). *National standards & grade level outcomes for k-12 physical education.* Champaign: Human Kinetics.

Cone, T. P., Werner, P., & Cone, S. (2009). *Interdisciplinary elementary physical education: Connecting, sharing, partnering.* Champaign: Human Kinetics.

Katz, B. W., & Gorecki, J. (2012). *Minds in motion everyday: a guide to movement-based learning.* Durham: Great Activities.

Literacy in Physical Education: for School Based Use of Self-Study  
<http://blogs.ksbe.edu/kyfujii/files/2014/08/CCSS-and-PE.pdf>

Ratey, John M.D. <http://www.johnratey.com/>

Spark: Countering Childhood Obesity Since 1989 <http://www.sparkpe.org/>

SPARK Webinar: Learn More about Common Core <http://vimeo.com/64842135>

Sparking Life: Power Your Brain Through Exercise <http://www.sparkinglife.org/>

Pacific Institute for Sport Excellence. (2015). *What is physical literacy?* <http://piseworld.com/physical-literacy/>