

Purpose, Practice and Promise

- Ann Goldade, Ed.D., annfayedd@gmail.com
- Lois Mauch, M.S., Ed lmauch@cableone.net
- Holly Inniger, M.S., Ed hinniger@barnesville.k12.mn.us

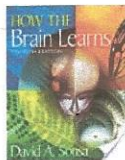
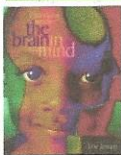


Objectives

- Discuss research that indicates the need and importance for physical activity to enhance brain functioning.
- Experience methods to integrate common core academics and physical activity in an engaging, fun learning environment leading to personal success.
- Participate in active and engaging strategies that will have a positive impact on learning academic concepts within the common core such as number awareness, math computation, problem solving, nutrition facts, vocabulary and comprehension.




Connecting the Research



Brain Rules #1

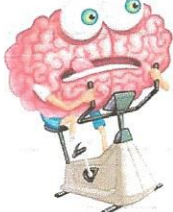
Pick Sticks



Skill: Geography, states and capitals


Skill-Based Activity: Popcicle sticks around the room with states and capitals on different sticks. Students find the matching states and capitals and self-check on the map.

Option: have students upstack / downstack each time they find a correct match.




Determine the meaning of general academic and domain-specific words and phrases in a text relevant to a grade 5 topic or subject area.

© Pearson Education, Inc. All rights reserved.




"Physical activity is cognitive candy"
(Medina, 2008, p.22)

Instructional Design meets Brain Rules




4-5 Pieces of Information for 30 Seconds



Repeat to Remember

90-120 minutes



Medina, 2008, Brain Rules

Exercises involving learning a series of complex movements while coordinating one's balance have been proven to generate a greater number of connections between neurons. These connections make it easier for children of all ages to learn. -John Ratey, Harvard Medical School, 2001 & 2008

You will remember...

- 10% Read
- 20% Hear
- 30% See
- 50% See & Hear
- 70% Discuss
- 80% **EXPERIENCE**

William Glasser

Tenzies



Skill: Hand eye coordination in addition to working on math skills.
 Skill Based Activity: Students will each have a set of 10 dice. The object is to roll the desired set called out by the teacher. For example, the teacher might say, "This Tenzi needs to be all odd numbers." Students roll and roll in a frenzy until they have all odd numbered dice. Next game might consist of all the dice having to be fact families of 10 etc..



K-3 Numbers and Operations Standards

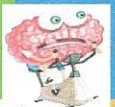
Head to Head Strategy

- 1A-Character
- 1T-Problem
- 2A-Event 1
- 2T-Event 2
- 3A-Climax
- 3T-Solution

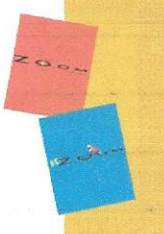



Describe the overall structure of a story, including describing how the beginning introduces the story and the ending concludes the action.

Movement 4 Memory Strategy



Skill: Comprehension, Inferencing and sequence of events.
Skill Based Activity: Students will each be given a part of the story Zoom or ReZoom. The class has to put the entire story together without talking, while using inferencing to help them do this. When they are finished, the story should be in complete sequence.



Be Fit 2 Learn  © 2014
 Comprehension

Exercises involving learning a series of complex movements while coordinating one's balance have been proven to generate a greater number of connections between neurons. These connections make it easier for children of all ages to learn. -John Ratey, Harvard Medical School, 2001 & 2008

You will remember...

- 10% Read
- 20% Hear
- 30% See
- 50% See & Hear
- 70% Discuss
- 80% **EXPERIENCE**
- 95% **TEACH SOMEONE ELSE**

William Glasser

Social Media



www.befit2learn.com

Scribe: <http://www.youtube.com/befit2learn>


Like Us: <https://www.facebook.com/befit2learn>

Follow Us: <https://twitter.com/befit2learn>
 and <https://twitter.com/annfayedd>

Connect with Us:
<http://www.linkedin.com/pub/be-fit-2-learn-brain-and-body-fitness/34/b38/794>

Follow Us: <http://pinterest.com/befit2learn/>

Questions? and
Thank You!



For additional information:

- Ann Goldade, Ed.D., 701-371-6536
annfayedd@gmail.com
- Lois Mauch, M.S. Ed 701-799-8432
lmauch@cablone.net
- Holly Inniger, MS Ed 701-306-6081
hinniger@barnesville.k12.mn.us
