Classroom Physical Activity & Sedentary Activity Reduction

Don Disney - Director of Youth Initiatives
The Cooper Institute - Dallas, TX
Agenda

- Readiness to learn
- Active learning
- Changing behaviors
Readiness to Learn


- Ploughman, (2008). Exercise is Brain Food; The Effects of Physical Activity on Cognitive Function. *Invited Commentary. Developmental Neurorehabilitation*


The Principal’s Dream for Student Learning Readiness

Brain after sitting quietly

Brain after 20 minute walk

Thank you Dr. Hillman!
Fit Kids Get Better Grades

As childhood obesity rates soar and kids spend more time sitting in front of their computers than playing outdoors, diabetes and other weight-related illnesses are on the rise. But physical health isn't the only thing at stake.

According to a study by the California Department of Education, kids' fitness levels also may affect their performance in school. The study found that increased amounts of physical fitness translated into higher academic achievement at each of the three grade
Surveillance Systems

- Local Wellness Policies
- School Health Advisory Committees (SHACs)
Are they the same?

Brain Breaks

Physical Activity Breaks
Physical Activity or Brain Breaks?
Conventional Classroom Setting
Active Learning Classrooms
16 MS, 32 classrooms in the EPISD piloted the program

Intervention program began in January 2010

Rigorous staff development was provided

Average yearly growth in a regular reading classroom = 75-100 Lexiles

Average growth in one semester using BFC = 234.8 Lexiles
Increasing PA in Classrooms

- School-, district-, state- Policy
  - Barriers/exacerbate
  - Supports/improve

- School-, district-, state- specific factors
  - Barriers/exacerbate
  - Supports/improve
1. Keep it a secret and no one will know
2. Make it complicated and no one will care
3. Tell me and I will forget
4. Show me and I might remember
5. Involve me and I will understand
How do schools get started?

- Willing Superintendents, Principals, & Teachers
  - Parents are ultimately the change agents
- Funding – Title I & II
- Staff Development Campaign
- Teaching Methods:
  - Differentiated Instruction
  - Professional Learning Communities (PLC)
  - Response to Intervention (RTI)
Strengthening schools is at the heart of health...