

LEARNING THROUGH MOVEMENT
PASSPORT TO HEALTH
TEACHER DEVELOPMENT WORKSHOP SERIES
JANUARY 30TH, 2014

Presented by: Comprehensive School Health Cohort
Sonja Washer and Michelle Griffiths



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PASSPORT TO HEALTH

Teacher Development Workshop Series:

Healthy Minds (Jan.16)

Nutrition and School (Jan.23)

Learning Through Movement (Jan.30)

Linking Alternative Activities to the Curriculum (Feb.6)

Yoga and Mindfulness (Feb.13)

Keynote, Dr. Jean Clinton (Feb.19)

*Make sure you give Sonja your e-mail to receive your certificate of attendance (great for your portfolio)!



DR. JEAN CLINTON

Canada's authority on
children's well-being



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AGENDA

- The role of physical activity in the classroom
- How to integrate and manage physical activity in the classroom
- 4 Corners
- Activities
- Discussion



DID YOU KNOW?

“Twenty minutes of daily physical activity are critical to making publicly funded schools healthier places to learn and improve student achievement. This step in the government’s Healthy Schools Plan will ensure that elementary students have a minimum of 20 minutes of sustained moderate to vigorous physical activity each school day.”

Does this reflect your Practicum experience?

Ontario Ministry of Education, <http://www.edu.gov.on.ca/eng/teachers/dpa.html>



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WHY IS LEARNING THROUGH MOVEMENT IMPORTANT?

Movement anchors learning through the body.

Movement energizes and integrates the body
and brain for optimal learning.

Movement makes learning fun!

.Using movement in the classroom. (n.d.). Retrieved from http://www.corwin.com/upm-data/27287_Summerford_Action_Packed_Classrooms_2e_Chapter_1.pdf



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MOVEMENT IN THE CLASSROOM

“Movement is exploratory and can shift a classroom climate from controlled to more open-ended. This can feel risky at times. With the proper management, however, movement can stimulate greater creativity, communication, and ease in learning.”

Dr. Martha Eddy, Movement in the classroom



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MOVEMENT IN THE CLASSROOM

WHY have movement in the classroom?

WHEN have movement in the classroom?

HOW manage movement in the classroom?



4 CORNERS

Does movement and physical activity have a place in all areas of the curriculum?



LET'S MOVE!

Connecting the curriculum to movement:

- Language
- Math
- Science and Technology
- Social Studies (handout)



LANGUAGE

Read aloud: “The Man with the Violin”

Move along with the story!



DISCUSSION

What did you think of the activity?

What age level? Could you modify it for various age levels?

Would you feel comfortable doing this in your own classroom? Why? Why not?



MATH

Human charts, graphs, and diagrams



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SCIENCE & TECHNOLOGY

Oh, Deer!



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DISCUSSION

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RESOURCES

Resource list & activity ideas for integrating movement into the classroom

USE RESOURCES AVAILABLE

Don't reinvent the wheel ;)

<http://www.edu.gov.on.ca/eng/teachers/dpa.html>



THANK YOU FOR COMING! :)

NEXT THURSDAY DON'T MISS
LINKING ALTERNATIVE ACTIVITIES TO THE
CURRICULUM



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