



ACTIVate Learning:
Physical Activity aligned with Academics and Social-Emotional Learning

Session Outline

- I. Introduction and available free resources
- II. Session objectives and demonstration of active learning
- III. Interactive discussion on current physical activity programming, sharing of best practices, current barriers to physical activity, and current integration of activity and academics
- IV. Demonstration and hands-on participation in fitness games and activities aligned with academics - part 1
- V. Discussion/ questions – part 1
- VI. Demonstration and hands-on participation in fitness games and activities aligned with academics - part 2
- VII. Large group discussion/ questions - part 2
- VIII. Key takeaways & putting active learning into action



Stacy Baugues

Founder & CEO

- Pediatric Exercise Physiologist
- 15 years in the fitness industry
- 8 years in education/nonprofit

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Alicia Price

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- 10 years in education/nonprofit

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Welcome!!



Chat

Name
Site/School/Organization
City

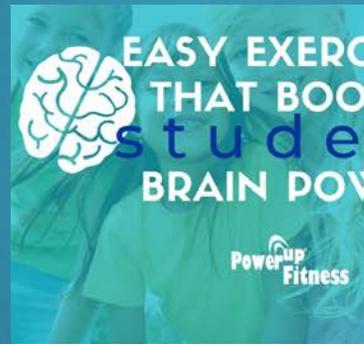
To: **Everyone** ▾ More ▾

Type message here...

PowerUp[®] Fitness

RESOURCES

powerupfitness.net



EASY EXERCISES TO BOOST STUDENT BRAIN POWER

Did you know that crossing the midline establishes neural pathways that develop the cognitive skills for reading, writing, computation, and physical activity? These exercises will PowerUp brain activity and jumpstart your students' (or anyone's) day!

[Read More](#)



3 (EQUIPMENT FREE!) FITNESS GAMES TO POWERUP MATH SKILLS

5 x 10, solve to win! PowerUp math skills with these three math and movement games. No equipment required!

[Read More](#)



7 PHRASES THAT



7 WAYS TO COMBINE



Q & A



HANDOUTS

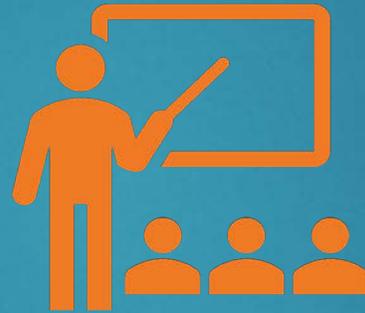


SAMPLE LESSONS

Today we will:



Apply creative thinking to the application of academic standards



Learn stretches, exercises, and games that can be implemented in a variety of settings *(all aligned with educational standards)*

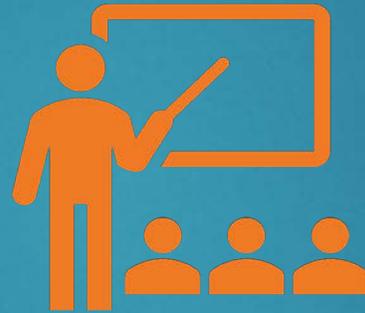


Have fun!

Today we will:



Apply creative thinking to the application of academic standards



Learn stretches, exercises, and games that can be implemented in a variety of settings *(all aligned with educational standards)*



Have fun!

The idea that...

- ▶ Students are actively engaged in the learning process, rather than passively absorbing the information.





PowerUp Your School
FOR SCHOOLS, EXTRACURRICULAR PROGRAMS & MORE

ELEMENTARY BUNDLE

Twelve physical activity sessions aligned with academic standards. Each week features two classes that include warm-up, endurance, strength activities, and games to make kids' fitness fun.

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PowerUp Your School
FOR SCHOOLS, EXTRACURRICULAR PROGRAMS & MORE

Set 1
6th-8th Grade

Twelve physical activity sessions aligned with academic standards. Each week features two classes that include warm-up, endurance, strength activities, and games to make kids' fitness fun.



PowerUp Peanuts

a movement & learning program for kids 2 to 5 years old

preschool | early enrichment | daycare | fitness facilities

powerupfitness.net | @powerupfit | powerupfitnessllc

4th-5th PowerUp Your School Lessons (Set 1)



Grade Level: 4th-5th		Instructions: Introduction, procedures, safety, & rules			
Week 1: Class 1	WarmUp	PowerUp Endurance	PowerUp Strength	PowerUp Play Activity	PowerUp with Common Core
		<ul style="list-style-type: none"> Walk on toes/heels Walk high knees/kick bottom Cross body elbows to knees/fingers to toes Jog high knees/kick bottom Frankenstein walks 	<ul style="list-style-type: none"> Crab walk/ bear crawls Long jumps Squat jumps Jumping jacks Burpees Run ladders Introduce burpees 	Upper Body <ul style="list-style-type: none"> Crab dips Wall pushups <hr/> Lower Body <ul style="list-style-type: none"> Wall sits Lunges Squats Leg Pulses <hr/> Core <ul style="list-style-type: none"> Plank 	<ol style="list-style-type: none"> Rock, paper, scissors (plank, squat, lunge) Alphabet race <p>Character Concepts Emotions <i>Alphabet Race - Recognize that feelings change throughout the day. Substitute letters for emotions. Call out emotions that they feel in a day ex: tired, happy, hungry etc.</i></p>
<p>Notes: Use school mascot chant to quiet group and regain attention. 4.OA.1: Interpret a multiplication equation as a comparison. Represent verbal statements of multiplicative comparisons as multiplication equations. 4.RI.5: Describe the overall structure (e.g., chronology, comparison, cause/effect, problem/solution) of events, ideas, concepts, or information in a text or part of a text. 4&5.L.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening.</p>					

Grade Level: 4th-5th		Instructions: Introduction, procedures, safety, & rules			
Week 1: Class 2	WarmUp	PowerUp Endurance	PowerUp Strength	PowerUp Play Activity	PowerUp with Common Core
		<ul style="list-style-type: none"> Walk on toes/heels Walk high knees/kick bottom Cross body elbows to knees/fingers to toes Jog high knees/kick bottom Frankenstein walks 	<ul style="list-style-type: none"> Crab walk/ bear crawls Frog jumps Squat jumps Jumping jacks Burpees Run ladders Introduce burpees 	Upper Body <ul style="list-style-type: none"> Crab dips Wall pushups <hr/> Lower Body <ul style="list-style-type: none"> Wall sits Lunges Squats Bridges <hr/> Core <ul style="list-style-type: none"> Plank 	Cardio freeze tag (jumping jacks, squat jumps, lunges, toe raises) <p>Character Concepts Communication <i>Use appropriate nonverbal communication with others (e.g., movements, gestures, posture, facial expressions). Try playing the game with no words! Only body language, hand cues etc.</i></p>
<p>Notes: Use school mascot chant to quiet group and regain attention. 4.OA.1: Interpret a multiplication equation as a comparison. Represent verbal statements of multiplicative comparisons as multiplication equations. 4.RI.5: Describe the overall structure (e.g., chronology, comparison, cause/effect, problem/solution) of events, ideas, concepts, or information in a text or part of a text. 4.SL.2: Paraphrase portions of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.</p>					



Academic Standards

- ▶ The Common Core is a set of high-quality academic standards in mathematics and English language arts/literacy (ELA).
- ▶ These learning goals outline what a student should know and be able to do at the end of each grade. The standards were created to ensure that all students graduate from high school with the skills and knowledge necessary to succeed in college, career, and life, regardless of where they live.
- ▶ Forty-one states, the District of Columbia, four territories, and the Department of Defense Education Activity (DoDEA) have voluntarily adopted and are moving forward with the Common Core.
- ▶ <http://www.corestandards.org/about-the-standards/>



WHAT GRADE LEVELS ARE
YOU WORKING WITH?

Activities

Jog High
Knee/Kick
Bottom

Frankenstein
Walks

Three Step
Stretch

Hip-Hops

- ▶ K.CC.A.1 : Count to 100 by ones, fives, and tens. Count backward from 10.
- ▶ K.OA.A.1 Represent addition and subtraction with objects, fingers, mental images, drawings, sounds, acting out situations, verbal explanations, expressions, or equations.
- ▶ 1.NBT.A.1 Count to 120, starting at any number. Read and write numerals to 120 and represent a number of objects with a written numeral. Count backward from 20.
- ▶ 2.OA.A.1 Add and subtract within 100 to solve one- and two-step contextual problems, with unknowns in all positions, involving situations of add to, take from, put together/take apart, and compare. Use objects, drawings, and equations with a symbol for the unknown number to represent the problem.
- ▶ 2.NBT.A.2 Count within 1000. Skip-count within 1000 by 5s, 10s, and 100s, starting from any number in its skip counting sequence.





FRANKENSTEIN WALKS







Activities

Jog High
Knee/Kick
Bottom

Frankenstein
Walks

Three Step
Stretch

Hip-Hops

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Activities

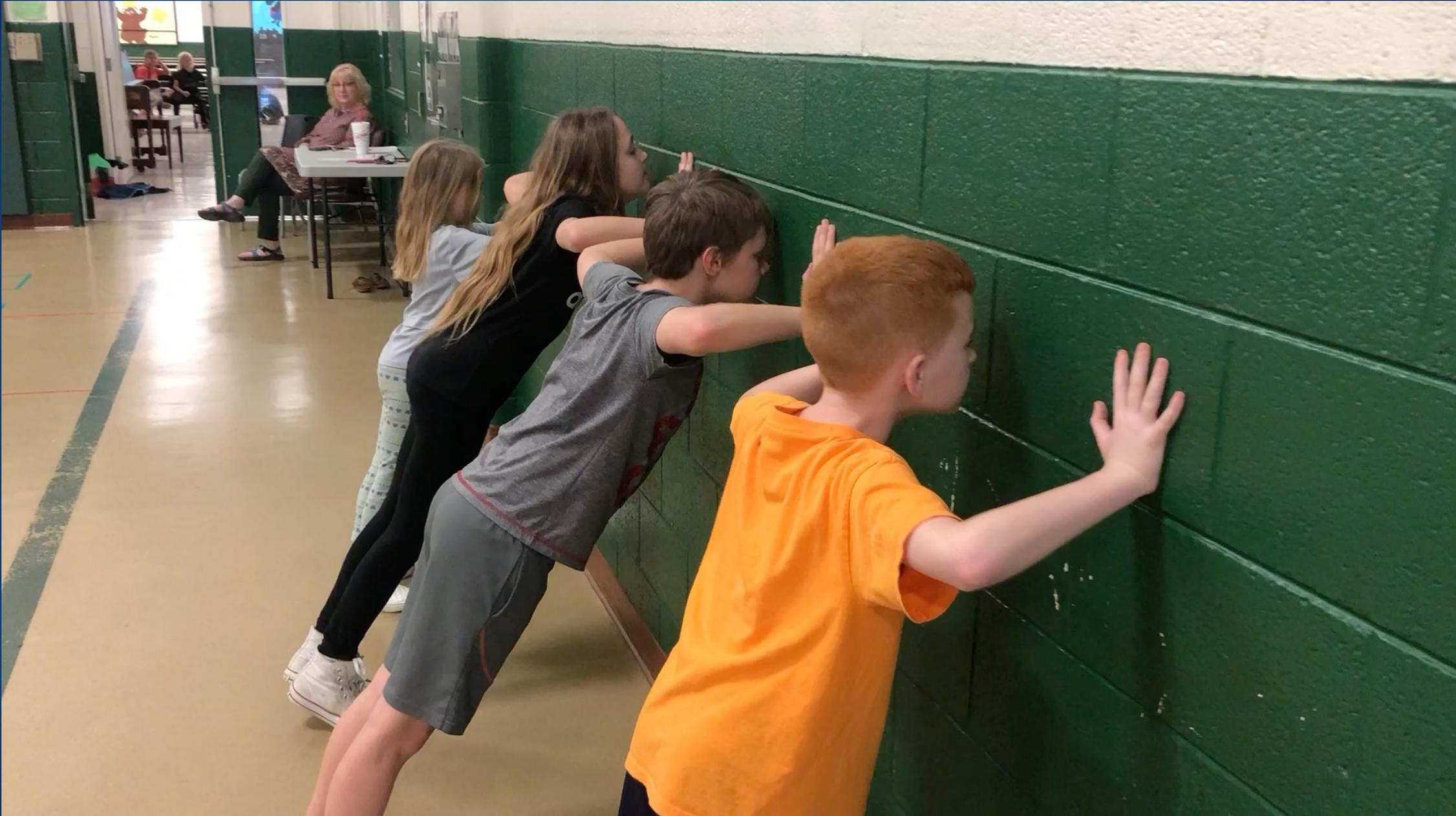
Lunges

Wall Pushups

Squat Jumps

- ▶ 3.OA.A.1 Interpret the factors and products in whole number multiplication equations (e.g., 4×7 is 4 groups of 7 objects with a total of 28 objects or 4 strings measuring 7 inches each with a total of 28 inches.)
- ▶ 3.OA.A.3 Multiply and divide within 100 to solve contextual problems, with unknowns in all positions, in situations involving equal groups, arrays, and measurement quantities using strategies based on place value, the properties of operations, and the relationship between multiplication and division (e.g., contexts including computations such as $3 \times ? = 24$, $6 \times 16 = ?$, $? \div 8 = 3$, or $96 \div 6 = ?$) (See Table 2 - Multiplication and Division Situations).
- ▶ 4.OA.A.1 Interpret a multiplication equation as a comparison (e.g., interpret $35 = 5 \times 7$ as a statement that 35 is 5 times as many as 7 and 7 times as many as 5). Represent verbal statements of multiplicative comparisons as multiplication equations.







SQUAT JUMPS

PowerUp
Fitness

Activities

Lunges

Wall Pushups

Squat Jumps

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Activities

Wall Sit Plank

- ▶ 2.MD.C.7 Tell and write time in quarter hours and to the nearest five minutes (in a.m. and p.m.) using analog and digital clocks.
- ▶ 3.MD.A.1 Tell and write time to the nearest minute and measure time intervals in minutes. Solve contextual problems involving addition and subtraction of time intervals in minutes. For example, students may use a number line to determine the difference between the start time and the end time of lunch.





Activities

Wall Sit Plank

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Activities

Shape Jumps

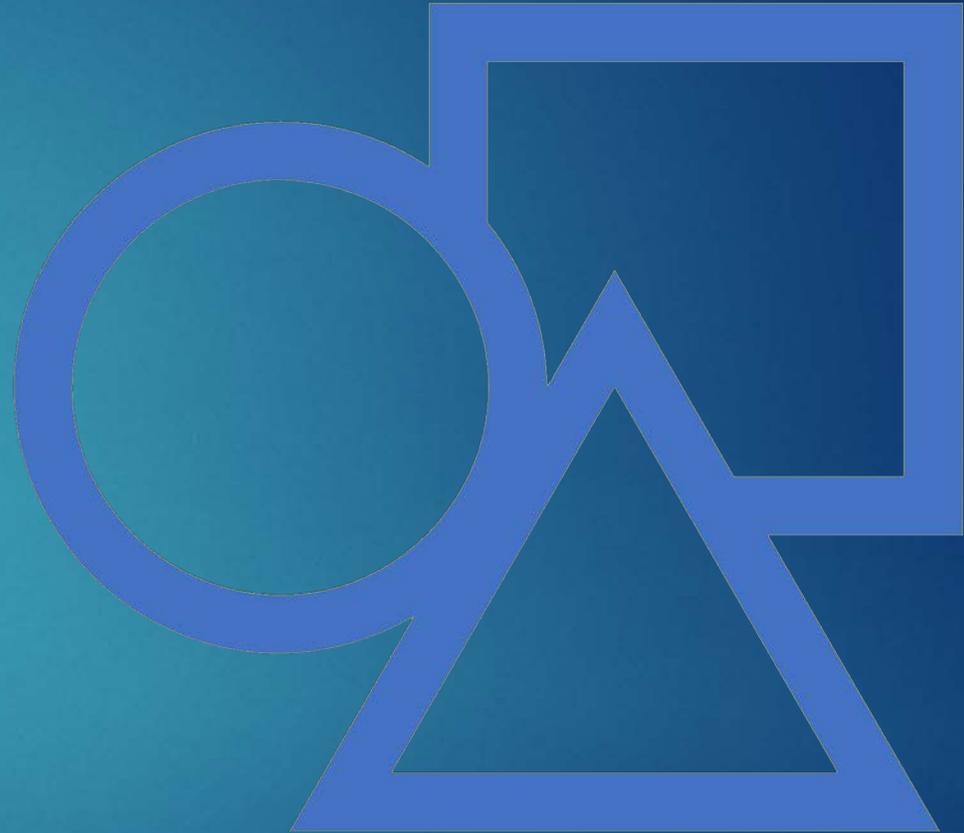
Long Jumps

Bunny Hops

- ▶ 2.G.A.1 Identify triangles, quadrilaterals, pentagons, hexagons, and cubes. Draw two-dimensional shapes having specified attributes (as determined directly or visually, not by measuring), such as a given number of angles or a given number of sides of equal length.
- ▶ 3.MD.C.7 Relate area of rectangles to the operations of multiplication and addition.
- ▶ 4.MD.C.5 Recognize angles as geometric shapes that are formed wherever two rays share a common endpoint, and understand concepts of angle measurement.
- ▶ 4.MD.A.3 Know and apply the area and perimeter formulas for rectangles in real-world and mathematical problems. For example, find the width of a rectangular room given the area of the flooring and the length, by viewing the area formula as a multiplication equation with an unknown factor.
- ▶ 5.MD.C.3 Recognize volume as an attribute of solid figures and understand concepts of volume measurement

Shape Jumps

- ▶ Number of sides
- ▶ Perimeter
- ▶ Area
- ▶ Angles







Activities

Shape Jumps

Long Jumps

Bunny Hops

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Activities

Alphabet
Stretch

Spelling
Jumping
Jacks

- ▶ K.FL.PC.1 Demonstrate understanding of the organization and basic features of print.
 - ▶ d. Recognize and name all upper and lowercase letters of the alphabet in isolation and in connected text.
- ▶ 1.FL.PC.1 Demonstrate understanding of the organization and basic features of print.
 - ▶ a. Recognize the distinguishing features of a sentence, such as first word, capitalization, and ending punctuation.
- ▶ FL.WC.4: Know and apply grade-level phonics and word analysis skills when encoding words; write legibly.
 - ▶ 1-5: Spelling
 - ▶ K: Write uppercase and lowercase manuscript letters from memory





Activities

Alphabet Race

- letters

- nouns (proper
& common)

- verbs

- ▶ FL.SC.6: Demonstrate command of the conventions of standard English grammar and usage when speaking and conventions of standard English grammar and usage, including capitalization and punctuation, when writing.
 - ▶ K-5



Activities

Running
Ladders

Food Frenzy

Shipwreck

- ▶ R.KID.3: Analyze how and why individuals, events, and ideas develop and interact over the course of a text.
 - ▶ 3.RI.KID.3 Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language that pertains to time, sequence, and cause/effect.
 - ▶ 2.RI.KID.3 Describe the connections between a series of historical events, scientific ideas, or steps in a process in a text.
- ▶ R.CS.4: Interpret words and phrases as they are used in a text, including technical, connotative, and figurative meanings, and analyze how specific word choices shape meaning or tone.
 - ▶ 3.RI.CS.4 Determine the meaning of words and phrases in a text relevant to a grade 3 topic or subject area.
- ▶ R.IKI.7: : Integrate and evaluate content presented in diverse formats and media, including visually and quantitatively, as well as in words.
 - ▶ 4.RL.IKI.7 Make connections between the print version of a story or drama and a visual or oral presentation of the same text.
 - ▶ 1.RI.IKI.7 Either orally or in writing when appropriate, use the illustrations and words in a text to describe its key ideas.







Activities

Running
Ladders

Food Frenzy

Shipwreck

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Activities

Science Explorers

Cardio Freeze Tag

- ▶ 3.SL.CC.2 Determine the main ideas and supporting details of a text presented in diverse media such as visual, quantitative, and oral formats.
- ▶ 2.SL.CC.2 Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.
- ▶ K-4: SL.CC.3 Ask and answer questions about what a speaker says in order to gather information or clarify something that is not understood.

Science Explorers

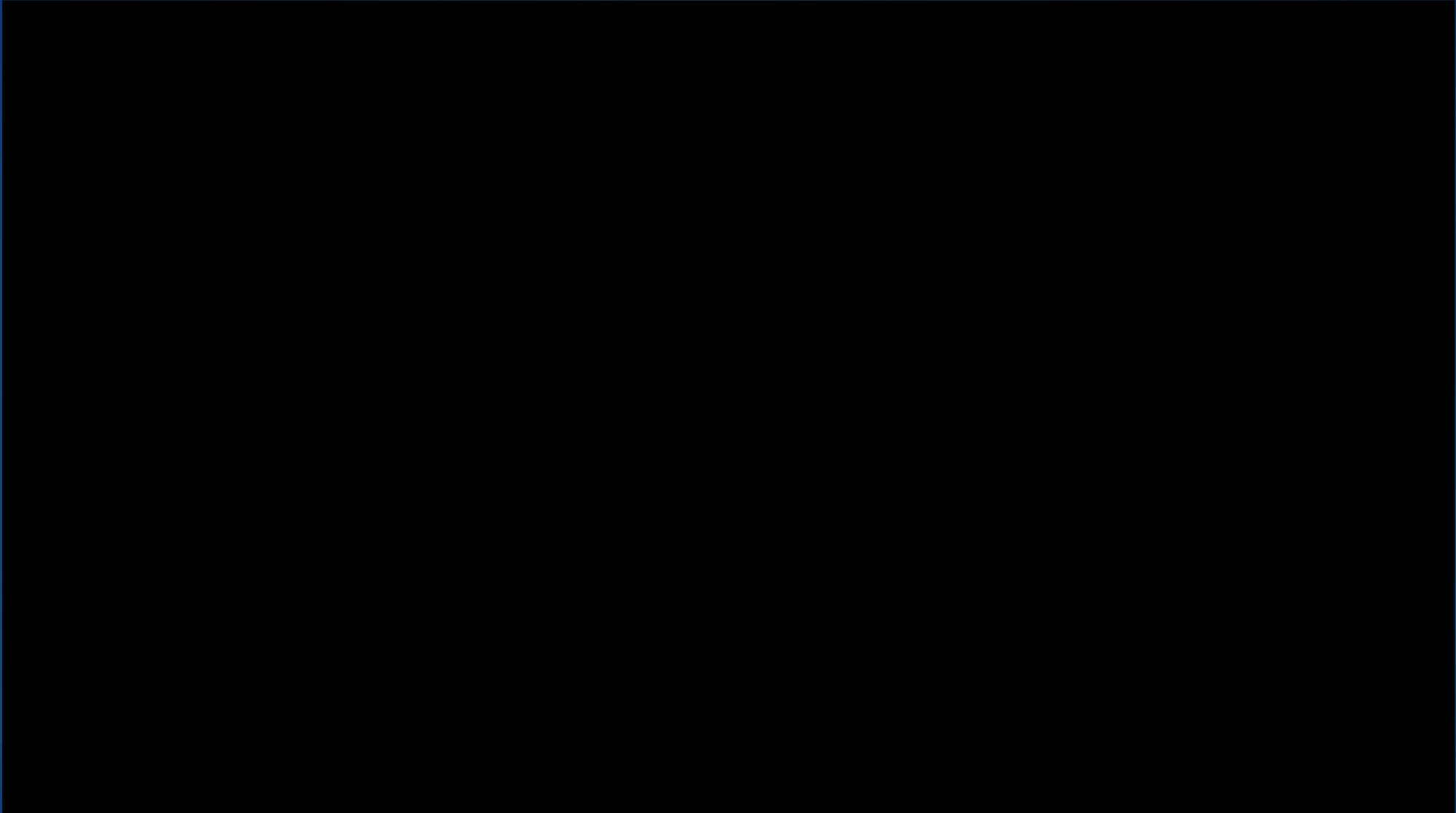
- ▶ Biomes
- ▶ Weather
- ▶ Animals
- ▶ Reading Twist – Reenact scenes from a story





PowerUp Your School

- ▶ A physical activity program aligned with K-8 Math and ELA learning standards and social-emotional learning for:
 - ▶ Before and After School Programs
 - ▶ Physical Education
 - ▶ Youth Organizations (YMCAs, Summer Camps, etc.)
- ▶ Evidenced-based and founded on best practices
- ▶ Combines exercise and education to PowerUp Kids' bodies and brains!



ACTIVE

WEBINAR RESOURCES

CLICK HERE TO ACCESS

Chat

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To: **Everyone** More

Type message here...

- Copy of Slides
- Sample K-8 Lessons
- Program Overview

2nd-3rd PowerUp Your School Lessons (Set 1)

PowerUp Endurance	PowerUp Strength	PowerUp Play Activity	PowerUp with Common Core
<ul style="list-style-type: none">• Crab walk/ bear crawls• Frog jumps• Jumping jacks• Introduce burpees• Run ladders	<p>Upper Body</p> <ul style="list-style-type: none">• Crab dips• Wall pushups <p>Lower Body</p> <ul style="list-style-type: none">• Wall sits• Lunges• Squats <p>Core</p> <ul style="list-style-type: none">• Plank	<ul style="list-style-type: none">• Alphabet Race	<ul style="list-style-type: none">• 2.OA.1-2: + and - within 100• 3.OA.1: describe reps and sets as multiplication problems• RI.3.3: Ladders sequence• L.2.3: Alphabet race

Notes: Use school mascot chant to quiet group and regain attention. 2.OA.1-2: Use addition and subtraction within 100 to solve one- and two-step word problems involving situations of adding to, taking from, putting together, taking apart, and comparing, with unknowns in all positions, e.g., by using drawings and equations with a symbol for the unknown number to represent the problem. Fluently add and subtract within 20 using mental strategies. 3.OA.1: Interpret products of whole numbers, e.g., interpret 5 × 7 as the total number of objects in 5 groups of 7 objects each. RI.3.3: Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language that pertains to time, sequence, or cause/effect. L.2.3: Use knowledge of language and its conventions when writing, speaking, reading, or listening.

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