

Adding Physical Activity to Your Life: Stick With It Examples:
<http://www.cdc.gov/physicalactivity/everyone/getactive/index.html>

Brain Break: A Virtual Physical Activity Idea Book for Elementary Classroom Teachers
http://emc.cmich.edu/EMC_Orchard/brain-breaks

Classroom Energizers for elementary and middle school classrooms:
<http://www.ncpe4me.com/energizers.html>

Fit Kids: <http://fitkidsnc.com/SeeLearnDo.aspx>

Fuel Up to Play 60 a Day: **In-School Activity Breaks Ideas-**
<https://school.fueluptoplay60.com/tools/view.php?id=15749467>

JAM (Just-a –minute) School program: <http://www.healthetips.com/jam-program.php>

Let's Move: <http://www.letsmove.gov/>

PALA+ President's Council on Fitness, Sports & Nutrition
<http://www.fitness.gov/participate-in-programs/pala/>
Active Play PALA+ Challenge

Promoting Physical Activity and Health in the Classroom.
Pangrazi R., Beighle, A., Pangrazi, D. (2008).
http://wps.aw.com/bc_pangrazi_classroom_1/97/24889/6371694.cw/index.html

Real Classroom ideas: 60 Second Energizers:
<http://www.realclassroomideas.com/167.html>

TAKE 10! <http://www.take10.net/resources>

We Can! <http://www.nhlbi.nih.gov/health/educational/wecan/>

You've Gotta Move: http://www.healthyschoolsms.org/ohs_main/youvegottamove.htm

10 simple activities to encourage physical activity in the classroom.
www.YourTherapySource.com

Rowland JL.; Fragala-Pinkham M; Miles C; O'Neil ME. The Scope of Pediatric Physical Therapy Practice in Health Promotion and Fitness for Youth With Disabilities. (Special Communication) Pediatric Physical Therapy. Spring 2015/ Vol 27- Issue 1.

***Search Local Toy stores and online stores for active board games ***
-Create an active indoor recess library

Final Thoughts:

10 most common reasons adults do not adopt a more physically active lifestyles (Sallis and Hovell, 1990; Sallis et al., 1992)

- Do not have enough time to exercise
- Find it inconvenient to exercise
- Lack self-motivation
- Do not find exercise enjoyable
- Find exercise boring
- Lack confidence in their ability to be physically active (low self-efficacy)
- Fear being injured or have been injured recently
- Lack self-management skills, such as the ability to set personal goals, monitor progress, or reward progress toward such goals
- Lack encouragement, support, or companionship from family and friends, and
- Do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their homes or offices.

ADHD Apps:

Procraster keep track of your projects and prioritize individual tasks, has built in Pomodoro Technique timer apps: (25 minute work, 5 minute break, after 4 sessions take 15-20 minute break) which tracks how long spent on a task

Evernote (Free) daily to take notes, record my ideas and keep track of my always growing lists

ClassManager (Free) plan and organize your classes, timetable and study schedule. integrates with an inexpensive professional help and tutoring service so you can quickly get online tutoring

Mint (Free) create a budget, gain insights into how you spend your money each month and manage your personal finances better.

HomeRoutines Stay organized and keep your home clean and organized by setting routine checklists, reminder notifications and chore to-do lists

Epic Win Use Epic Win to turn mundane tasks into a fun adventure game! This app uses game mechanics to make the process of completing your daily chores an ongoing quest to improve your stats, gain riches and get to a higher level of effectiveness.

Calm (Free) guided meditation app and plays the sounds of nature

Sunrise Calendar (Free) great calendar management tool, will sync multiple Google, iCloud and Exchange Calendars.

<https://www.diygenius.com/the-must-have-adhd-productivity-apps-for-your-iphone/>

Physical Activity With Books

Repetition

Ask Mr. Bear	Flack
At Mary Bloom's	Aliki
Big Orange Splot	Pinkwater
Brown bear, brown, bear what do you see	Martin
Caps for sale	Slobodkina
Carrot seed	Krauss
Caterpillar and the polliwog	Kent
Chick and the duckling	Ginsburg
Dance away	Shannon
Dark, dark tale	Brown
Do you know what I'll do?	Zolotow
Doorbell Rang, The	Hutchins
Fortunately	Charlip
Going for a walk	deRegniers
Good-night, Owl!	Hutchins
If I found a wistful unicorn	Ashford
Important book	Brown
It looked like spilt milk	Shaw
Jesse Bear, what will you wear?	Carlton
Jump, frog, jump	Kalan
King Bidgood's in the bathtub	Wood
Klippity Klop	Emberley
Lizard's song	Shannon
Love you forever	Munsch
Mary wore her red dress	Peek
Millions of cats	Gag
Mother, Mother, I want another	Polushkin
My Mom travels a lot	Bauer
Q is for duck; an alphabet guessing game	Elting

Quick as a cricket	Wood
Rain	Kalan
Roll over	Gerstein
Sadie and the snowman	Morgan
Someday	Zolotow
Three Billy Goats Gruff	traditional
Three Little Pigs	traditional
Very Busy Spider	Carle
Witch's hat	Johnston
Who sank the boat?	Allen
Wonderful shrinking shirt	Anderson
That's good, that's bad	Cuyler

Cumulative: Each part repeats the previous part and then adds a new part.

Bringing the rain to Kapiti Plain	Ardema
Elephant and the bad baby	Vipont
Enormous turnip	Parkinson
Fat Cat: a Danish folktale	Kent
Fiddle-i-fee	Stanley
Great big enormous turnip	Oxenbury
Hairy MacClary from Donaldson's Dairy	Dodd
Henny Penny	Galdone
House that Jack built	Stevens
I know an old lady	traditional
Jacke I wear in the snow	Neitzel
Little old lady who was not afraid of anything	Williams
Little red hen	Galdone
Napping house	Wood
No jumping on the bed	Arnold

"Not me" said the monkey	West
"Not now" said the cow	
Old woman and her pig	Galdone
Over the steamy swamp	Geherety
Silly Sally	Wood
Teeny Tiny	Bennett
Judge, The	Zemach
There was an old woman	
Twelve days of Christmas	
Too much noise	McGovern

Rhythm/Rhyme Sequence: Any story that unfolds in a predictable rhyme or rhythm sequence. Combined with repetition it provides for easily internalized language.

Brown bear	Martin
Friendly book	Brown
Good night, Moon	Brown
I like bugs	
Lady with the alligator purse	Westcott
Noisy Nora	
Once a lullaby	Nichol
Round is a pancake	Sullivan
Seven little monsters	Sendak
Sitting on the farm	King
Willy o'Dwyer jumped in the fire	deRegniers
Witch's hat	Johnston

Interlocking Pattern: Each episode relates to the one before in an intriguing and dependable way.

Allison's zinnia	Lobel
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Blue sea	Kalan
Chick and the duckling	Ginsburg
Day Jimmy's boa ate the wash	Noble
Each pear each plum	Ahlbert
Five Chinese brothers	Bishop
Gossip	Pienkowski
Happy birthday, dear Duck	Bunting
Hide and snake	Baker
If you give a mouse a cookie	Numeroff
If you give a moose a muffin	Numeroff
Jump, frog, jump	Kalan
King, the mice and the cheese	Gurney
One fine day	Hogrogian
Mr. Willowby's Christmas tree	Barry
Runaway bunny	Brown
Willy O'Dwyer	deRegniers

Chronological pattern: These stories follow a time sequence:

Caterpillar and the polliwog	Kent
Giving tree	Silverstein
Go tell Aunt Rhody	Aliki
Grouchy ladybug	Carle
Growing vegetable soup	Ehlert
Love you forever	Munsch
Papa, please get the moon for me	Carle
Red leaf, yellow leaf	Ehlert
Sand cake	Asch
Seasons of Arnold's apple tree	Gibbons
Sun's day	Gerstein

Sun's up
Very hungry caterpillar

Euvremer
Carle

Familiar Cultural Pattern: Story pattern is based on a know sequence such as the alphabet, numbers, days of the week, and months of the year.

10 bears in my bed
Busy Monday morning
Chicken soup with rice
Cookie's week
Heckety Peg
May I bring a friend?
Over in the meadow
Q is for duck
Roll over
Six foolish fishermen
Ten little caterpillars
This old man
When sheep cannot sleep

Mack
Domanska
Sendak
Ward
Woods
deRegniers
Keats
Elting
Gerstein
Elkin
Martin
Koontz
Kitamura

Problem Centered Story: Stories that are built around a problem and a sequence of episodes leading to a solution.

Curious George
Hansel and Gretal
Millions of cats
Mean Soup
Rumplestiltskin
Tikki Tikki Tembo
Thundercake

Rey
traditional
Gag
Everett
traditional
Mosel
Polacco

Main Character: The ideas of a story revolve around a main character who may be an animal or a human. The story is predictable because of the character.

Amelia Bedelia books	Parish
Curious George books	Schulz
Arthur books	Brown
Anansi the spider	Kimmel
Iktomi	Galdone
Magic school bus	Cole

Predicting:

Bad Day at Riverbend by Chris van Allsburg

Bea and Mr. Jones by Amy Schwartz

Cat Heaven by Cynthia Rylant

Cinnamon's Day Out by Susan L Roth

Coyote Cry by Byrd Baylor

Day Gogo Went to Vote by Elinor Batezat Sisulu

It Looked Like Spilt Milk by Charles Shaw

Just a Dream by Chris van Allsburg

Mouse's Birthday by Jane Yolen

Snow by Uri Shulevitz

Suddenly by Colin McNaughton

Tiger Called Thomas by Charlotte Zolotow

Tuesday by David Wiesner

Wretched Stone by Chris van Allsburg



List of Physical Activity Apps:

<u>Medical Spanish</u> <u>Itranslate</u> <u>123 Tracer</u> <u>Dexteria Jr</u> <u>LetterReflex</u> <u>Ready to Print</u> <u>iDoodle Card</u> <u>iWriteWords</u> <u>Cut the Buttons (Apple; \$.99) and Buttons and Scissors (Android; free</u> <u>Cookie Doodle</u> <u>Labyrinth</u> <u>Cause and Effect Sensory Light Box</u> <u>Fun Bubbles</u> <u>Fluidity</u> <u>Heat Pad</u> <u>Toothbrush Timer</u> <u>Put It Away</u> <u>DialSafe Pro</u> <u>Tick Tock</u> <u>ChoiceWorks</u> <u>Visual Routine</u>	<u>Relax & Rest Guided Meditations</u> <u>Jump Jump Froggy</u> <u>FitQuest Lite</u> <u>NFL Play 60</u> <u>Super Stretch Yoga- Free</u> <u>NexTrack</u> <u>Sworkit - Circuit Training Workouts – Free</u> <u>Kiddy Keep Fit by Scotty & Lulu</u> <u>Dungeon Runner: Fitness Quest- Free</u> <u>Funky Dance app</u> <u>Gamefit Racing App \$1.99</u> <u>GameFit Bike Race PRO - Exercise Powered Virtual Reality Fitness Game \$1.99</u> <u>Baja Bug Offroad Hero Lite- Free</u> <u>The Walk App-- \$2.99</u> <u>GPS Motion Control Game - Frogger Version-Free</u> <u>Just Dance Now- Free</u>
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Physical Activity Websites

* **Learn to Be Healthy:** <http://www.learntobehealthy.org/kids/>

-Health tips & resources

* **kidnetic.com**

-Kids learn more about health, fitness and nutrition through fun games, recipes and articles

* **Let's Move:** letsmove.gov (initiative, launched by First Lady Michelle Obama)

-Facts, Eat healthy, Get active, Take action, Join Us, Let's Move Outside

* **Presidential Challenge:** <https://www.presidentschallenge.org/challenge/active/index.shtml>

* **PALA+ President's Council on Fitness, Sports & Nutrition** <http://www.fitness.gov/participate-in-programs/pala/>

six-week program to help you maintain or improve your health, youth (6-17 years old) need to be active at least 60 minutes a day (or 12,000 steps) and adults (ages 18 - 64) need to be active for 30 minutes a day (or 8,500 steps), for five days a week for six out of eight weeks.

The Active Play PALA+ Challenge, a program with the Entertainment Software Association, highlights active video games as one way to help Americans lead more active lives. Earn their PALA+ by logging their active video gaming activity online. PDF and online activity log, then receive a certificate of participate signed by professional athletes

* **PE Central:** <http://www.pecentral.org/>

* **Go Noodle:**

Geocaching: <https://www.geocaching.com/play>

* **Brain Breaks:** Physical activities implemented in the elementary classroom (K-6)

http://emc.cmich.edu/EMC_Orchard/brain-breaks

Helps increase the number of Activity categorized by grade level and subject: science, math, language arts, social studies, music, hallways, and all subjects

Each activity also details: Domains Addressed in Brain Breaks

Cognitive	Psychomotor Skills	Fitness	Psychosocial
Body Image	Balance	Flexibility	Best Effort
Following	General Coordination	Strength	Cooperation
Directions	Hand/Foot/Eye	Aerobic	Self Control
Language	Coordination		Compassion

Laterality

Tactile Touch

Respect

Sequencing

Responsibility

Constructive

Competition

JAM (Just-a –minute) School program: <http://www.healthetips.com/jam-program.php>

free resource for schools that brings physical activity and health education to the classroom. JAM offers a one-minute classroom energizer called JAMmin' Minute (is a series of five exercises that take only a minute to do), an athlete-featured 5-minute routine called JAM Blast, and a monthly Health-E-tips newsletter. Teachers or students can lead these energizing breaks.

<http://www.cdc.gov/physicalactivity/everyone/getactive/index.html>

Examples and video of how to get start with and meet the PA guidelines

Fuel Up to Play 60 a Day: <https://www.fueluptoplay60.com/>

-Search: "In-School Activity Breaks Ideas" (30 short, 3-5 minutes, in-class physical activity breaks ideas)

NFL Play 60: encourages kids to play 60 minutes a day. Fuel Up to Play 60 is a school based program founded by the National Dairy Council and NFL, in collaboration with USDA, that empowers students to take charge in making small, everyday changes at school. Students can win cool prizes.

-Get involved: Be the first educator at your school to sign up as a Program Advisor and you'll be entered to win Prizes to get your school energized and ready to Play 60! Funding opportunities

Play 60 on American heart Association website:

Teacher Guide - The Teacher Guide includes: details on the six-week Challenge and how to get students signed up; ideas on how to promote the Challenge within your school in fun, creative ways; information about additional resources to help get students up and active; and ideas on how to incorporate physical fitness into the classroom year-round.

Game Planner - The National Football League and the American Heart Association are challenging students in your school to get active for 60 minutes every day. The Game Planner will help students track their progress in the Challenge and can be used to evaluate their physical activity habits - both good and bad.

Classroom Scoreboard - The Classroom Scoreboard will help teachers track their students' physical activity minutes during the six-week Challenge. Two versions of the scoreboards are included: one version is an 8 ½ x 11 scoreboard, while the other version can be printed in sections and taped together as a poster.

Certificate - The Certificate of Achievement is awarded to students for completing the Challenge.

Promoting Physical Activity and Health in the Classroom. Pangrazi R., Beighle, A., Pangrazi, D. (2008).

http://wps.aw.com/bc_pangrazi_classroom_1/97/24889/6371694.cw/index.html

This contains individual lesson activity cards for the classroom teacher.

- Implementing the Instructional Activities (11 cards)
- Classroom-Based Activities (68 cards)
- Large Area Activities (46 cards)
- Basic Skills (36 cards)
- Sports on the Playground (37 cards)
- Multicultural Activities (28 cards)
- Nutrition and Sun Safety Activities (18 cards)
- Health and Fitness Activities (24 cards)

Real Classroom ideas: 60 Second Energizers: <http://www.realclassroomideas.com/167.html>

TAKE 10! <http://www.take10.net/resources>

is an evidence-based program that integrates physical activity, nutrition, and health concepts with academic lessons in elementary school classrooms,

Kit includes:

- 39+ activity cards
- 50+ worksheets designed to reinforce learning objectives presented in the activity cards
- 3 tracking posters with more than 400 stickers to track activities and reward students
- Teacher resources to enhance implementation
- Student health knowledge assessments and teacher program evaluations

We Can! <http://www.nhlbi.nih.gov/health/educational/wecan/>

We Can! (Ways to Enhance Children's Activity & Nutrition): The National Institutes of Health established **We Can!** In 2005. Provides parents and caregivers with tools and fun activities to help children and families by encouraging healthy eating, increased physical activity, and reduced time sitting in front of the screen (TV or computer)

View links: “Develop your program” “in your community” “for health professionals”,

You’ve Gotta Move: http://www.healthyschoolsms.org/ohs_main/youvegottamove.htm

an activity-based program designed and delivered as an engaging combination of dance, activity, and music for kindergarten to second grade students.

10 simple activities to encourage physical activity in the classroom. www.YourTherapySource.com