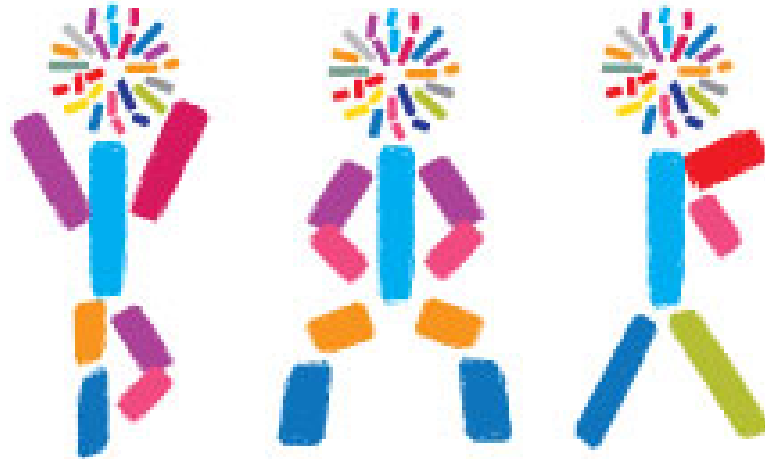


# Just Move™



## School Outreach Presentation



COLUMBIA UNIVERSITY  
MEDICAL CENTER

# Agenda

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- ASAP Acceleration Grant Info
- Benefits of Physical Activity
- What is Just Move™?
- Benefits of using Just Move™
- Alignment with Educational Standards
- Getting Started
- Achieving Success
- Questions

# ASAP Acceleration Grant Info

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## Funding

- ASAP Acceleration Grant totals \$1,000
- Will help set a good foundation of health and exercise for our students daily.

## Goal

- To incorporate physical activity into classroom life so staff and students may realize all of the benefits of daily movement.



# Benefits of Physical Activity

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## Increasing physical activity can make positive contributions to academic performance

An analysis of fitness testing results (FITNESSGRAM) and standardized test scores of NYC students revealed that students with higher fitness levels score higher on standardized achievement tests (Bloomberg & Farley et al. 2009)

## Physical activity is beneficial to general cognitive functioning

Research has shown that aerobic exercise can improve memory and executive functioning in school-age youth, especially those who are overweight (Buck, Hillman, & Castelli, 2008; Davis et al., 2007)

## Activity breaks can significantly increase on-task behavior

Researchers observed students in grades K through 5 for 30 minutes before and after each break. Among students who tended to be least focused, breaks improved on-task behavior by 20 percent (Mahar et al., 2006)



# What We Know



- Children today are the most inactive in America's history
- Studies indicate that active students do better than their more sedentary peers
- Regular physical activity has been shown to improve concentration, attention, attendance and academic outcomes
- Schools are an optimal place to boost physical activity

# What is Just Move™?

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- A classroom-based activity program that ties in the Common Core State Standards to facilitate kinesthetic learning
- A full set of high and low intensity exercises that can be done right in your classroom, led by teachers, staff or student champions
- Provides everything classrooms need to get moving: instructions, implementation ideas, activity cards and an instructional video

# Activity Cards

Blue cards indicate moderate-to-vigorous activity, designed to get heart rates up.

## Jumping Jacks



## Jumping Jacks

### ORGANIZATION:

**Time:** 5-15 minutes

**Set Up:** Have students stand near their desks.



### CURRICULUM: Math Common Core State Standards

#### Fourth Grade

(Num. & Ops. in Base Ten: 4.NBT.1)

While doing multiplication or division, show the answer in **Jumping Jacks**.

- For example,  $4 \times 10 = 40$ . Do 40 jumping jacks.

#### Fifth Grade

(Num. & Ops. in Base Ten: 5.NBT.2)

While doing multiplication or division with decimals, show the answer in **Jumping Jacks**.

- For example,  $60 \times 0.3 = 18$ . Do 18 jumping jacks.

### DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Clap your hands over your head and jump your feet apart (like a capital A).
3. Bring your hands down and bring your feet together (like an I).
4. Repeat several times.

### TEST STRESS: Fast and Slow Motion

1. Stand up tall. Stand up proud.
2. Start doing jumping jacks.
3. When you hear "slow," do jumping jacks very slowly as if you were in slow motion.
4. When you hear "fast," do jumping jacks very quickly as if you were being fast-forwarded.

Remember to record how long you exercised each day on your exercise log!



# Activity Cards

Yellow cards indicate calming exercises designed to relax and restore.

## Eagle-Tree Pose



## Eagle-Tree Pose

### ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



### CURRICULUM: Science Scope and Sequence

#### Fourth Grade

(Unit 1: Animals & Plants Environment)

While in **Eagle-Tree Pose** identify the different parts of an eagle and a tree.

- How do trees get food, air, and water?
- How do eagles get food, air, and water?

#### Fifth Grade

(Unit 4: Exploring Ecosystems)

A forest is made up of many different types of plants.

- Create a pose for these different types of plants and trees that make up a forest.

### DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Focus your eyes on something that does not move.
3. Cross one arm over another with your hands on your chest.
4. Slowly slide one foot up against the other leg.
5. Repeat on the other side.

### TEST STRESS: *Calm Mind, Calm Body*

1. Stand up tall. Stand up proud.
2. Close your eyes and take several deep breaths.
3. Place the palms of your hands together and rub them together.
4. Build up some warmth and heat, and place your hands over your closed eyes.
5. Focus on the warm feeling and on something that makes you feel good.
6. Relax your mind. Relax your body.

Remember to record how long you exercised each day on your exercise log!



# How can Just Move™ benefit *my* classroom?

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- Fully customizable 5, 10 or 15 minute physical activity breaks can be integrated when it works for your class
- Exercise breaks result in a more focused, attentive class
- Limited outdoor space or inclement weather? Just Move™ gives students a way to exercise when going outside isn't the best option
- Students develop confidence and practice leadership skills when conducting Just Move™

# Testimonials

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“Their minds are more relaxed and that helps them with their concentration and their schoolwork. I use Just Move™ everyday.”

**VANESSA HEFFA, 1st grade teacher**

“As far as the students’ level of engagement, interest, and focus in the classroom Just Move™ has been very, very positive.”

**RUTH THOMAS, 4th grade teacher**

“The activity cards in the classrooms are such a big help because the students only have me twice a week. That’s not enough. This program has been a blessing to this school.”

**STEVE SLOAN, PE teacher**

# Alignment with Common Core Standards

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The Common Core State Standards are designed to be robust and relevant to the real world, reflecting the knowledge and skills that our young people need for success in college and careers.

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- Just Move™ was created with continuous input from school staff. Using their feedback, we mapped the exercises on our flash cards to common core standards to make sure teachers don't lose valuable teaching time.
- Just Move™ "blue cards" which promote moderate to vigorous activity are mapped to the Mathematics Common Core State Standards.
- Just Move™ "yellow cards" which promote relaxation and stress management are mapped to the Science Scope and Sequence.

# Let's Get Started!

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#1

## Cover the Basics

Teachers, physical educators, and all school staff are encouraged to familiarize themselves with the Just Move™ Program Guide.



# Let's Get Started!

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#2

## Get Classrooms Ready to Move

Create a set of activity cards for all participating classrooms. You can use ours or create your own from our customizable templates.



# Let's Get Started!

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#3

## Bring Your Students on Board

Introduce Just Move™ to your classroom and explain the program's benefits. They will quickly become experts!



# Let's Get Started!

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#4

## Make Physical Activity Breaks Routine

Try different implementation options in your classroom to find the fit that's best for your class.

Create a signal or sign that students will associate with physical activity break time.



# Let's Get Started!

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Last but not least....

**HAVE FUN!**

Adults benefit from movement too! Teachers who participate will see great results from their students. If you're not comfortable leading your class in exercise, don't sweat it. Just Move™ allows students to serve as leaders, a great confidence-building and growth opportunity to build into your daily routine.

# Achieving Success

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In order to make Just Move™ successful in our school,  
**YOU** play a key role. We need:

School administration & teachers to commit to using this program in the classroom

All stakeholders to build excitement among students and parents at school wide events

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# Words of Wisdom

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“My message to new schools starting Just Move™ would be, like anything new it takes a little time to work in to the fabric of your learning community. It is a viable, doable program that is teacher focused. It’s not expensive like so many of the other things we’re encouraged to do in our schools. And finally it really does work. It helps academically, it helps in terms of behavior. And we all know that if a child is focused, behaving properly, and feeling engaged, then they are more likely to succeed.”

[Rosa Arredondo, Principal, PS 128, New York, New York](#)



# Questions? More Info?

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Visit us:

[ChalkCenter.org](http://ChalkCenter.org)

[www.ActiveSchoolsASAP.org](http://www.ActiveSchoolsASAP.org)