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Give Me a Break: Integrating Activity into the Classroom

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Classroom Activity Break

“Break” the Ice

Write, in the air, other names for activity “breaks”?

- Classroom activity break
- Energy break
- Exercise break
- Brain break
- Motor break
- Movement break
- Physical activity break
- Wellness break

You Will Learn How to...

- Improve student focus
- Supplement class instruction
- Boost test scores
- Incorporate physical activity
- Integrate brain breaks
- Energize the classroom

Did You Know...

- Children ages 8–18 use media an average of **7** hours **38** minutes per day
- **1 in 5** school-aged children (ages 6-19) are obese

Centers for Disease Control and Prevention (CDC)

- Body Mass Index
- Obesity Trends* Among U.S. Adults
BRFSS, 1985 – 2016

Classroom Activity Break

“Shake it” to “Shake it Off”

- Remain seated
- Shake right hand 10 times
- Shake left hand 10 times
- Shake right foot 10 times
- Shake left foot 10 times
- Countdown “shakes” from 9-1

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Current Trends

- **SHAPE Guideline 1** - Children should accumulate at least 60 minutes of age-appropriate physical activity on all, or most days of the week.
- **SHAPE Guideline 2** - Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
- **SHAPE Guideline 3** - Children should participate each day in a variety of age-appropriate physical activities.
- **SHAPE Guideline 4** - Two hours or more of inactivity are discouraged for children, especially during the daytime hours.
- "Let's Move" Campaign
 - Michelle Obama
 - www.letsmove.gov
- "Fuel Up to Play 60"
 - National Football League (NFL)
 - www.fueluptoplay60.com
- "Enhance PE"
 - IL State Standards
 - Reflect Neuroscience research

Classroom Activity Break

"Breathe it Out" to "Every Breath You Take"

- Remain seated
- Breathe in through the nose for 5 counts
- Breathe out through the nose for 5 counts
- Breathe in positive thoughts
- Breathe out negative thoughts

Brain Function and Physical Activity

- Research shows active children have:
 - Greater *attention spans*
 - More *on-task behavior*
 - Faster *cognitive processing speed*
 - Improved performance on *standardized tests* and in *academic classes*

Classroom Activity Break

"Fighting Fatigue" to "Eye of the Tiger"

- Bounce in place like a boxer
- Punch right fist straight up in the air
- Punch left fist straight up in the air
- Punch right then left in front

A Classroom Activity Break...

- Integrates *movement* into academics
- Occurs *outside* of physical education and recess
- Takes place *within* the classroom
- Led by the *classroom teacher*
- Requires little, if any, *equipment*

Give Me a Break...

- During subject matter *transitions*
- After *30-60 minutes* of academic study

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Teaching Tips

- Give *brief* instruction
- Maximize *space*
- Ensure *safety*
- Keep class in *front*
- *Demonstrate* everything
- Use “*When I say go...*” to start
- Use “*freeze*” to stop
- Participate *cheerfully*

Classroom Activity Break

“**Jump Rope Tricks**” without a rope to “Jump”

- Jump in place
- Jump side to side
- Jump heel-toe
- Create your own jump

Grouping Strategies

- Creative and appropriate
- Not captains choose or Boys vs. Girls

Grouping Ideas

- Whistle Mixer
 - Whistle equals # of people in a group
- Toe to Toe
 - Nearest person(s)
- Team Shake
 - App to choose teams
- Birthdays
 - Month or seasons
- Take a Number
 - Form group of designated #, then give each group member a #
- Face your partner
 - Each line equals a team
- Stickers
- Back to Back
 - Younger, shoe size, siblings equal teams
- Number of letters in first name
- Find someone who...
 - Color, music, TV show, class
- Cards
 - Suit, color, evens, odds
- Names in envelope
 - Random picking
- Manipulatives
 - Animals, shapes, colored sticks
- Number off
 - Random
- Equipment Teams
- Standers and Sitters

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Classroom Activity Break

“Touchdown Dance” to “Rockin’ Robin”

- Work individually, with partners, or in small groups
- Create and perform a touchdown dance

Classroom Activity Break

“Switch it Up”

- Remain seated
- Begin the wave going clockwise
- Reverse direction by standing up and clapping

Classroom Activity Break

“Coast to Coast Workout”

- Perform movement for each city
- Baltimore = bend
- Denver = jump
- Indianapolis = hop
- Kansas City = balance
- Pittsburgh = sway
- Tampa Bay = walk

Classroom Activity Break

“Take 5” to “Waking on Sunshine”

- Walk and talk with partner or small groups
- Discuss what you learned today
- Report to class

Resources and References

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William Arthur Ward

“The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.”

Questions