

**Active Classrooms Webinar Series**  
***Active Kids Learn Better***  
**December 2019-February 2020**  
**NO COST, REGISTER NOW**

**Active Classrooms 101: Get Up and Moving!**

**Tuesday, December 17**, 3-3:45pm ET / 2-2:45pm CT / 1-1:45pm MT / 12-12:45pm PT

Get answers to the questions: What is an active classroom, why are they successful, and who benefits and why? Neuroscience supports the link between movement and improved learning, so find out how active classrooms can increase student performance, improve behavior and elevate student engagement. Then learn how to use a suite of free resources developed by the CDC and Springboard to Active Schools focused on helping all physical activity champions support active classrooms in their state, district, school, and classroom.

*Presenters: Jean Blaydes Moize, Action Based Learning; Kate Holmes, Springboard to Active Schools*

REGISTER: [https://actionforhealthykids.zoom.us/webinar/register/WN\\_LLZiDoRyeTrnZTGR5ZHQ](https://actionforhealthykids.zoom.us/webinar/register/WN_LLZiDoRyeTrnZTGR5ZHQ)

**Principals' Perspectives on The Benefits of Active Classrooms**

**Tuesday, January 7**, 3-3:45pm ET / 2-2:45pm CT / 1-1:45pm MT / 12-12:45pm PT

Principals are responsible for the teaching and learning that occurs in their schools. Learn how some have used active classrooms as a strategy to improve students' classroom behavior and academic performance. Hear about one principal's journey towards developing a highly effective learning environment through the use of physical activity and brain science, including how to work with students, parents and teachers to create buy-in and sustainability.

*Presenters: Martha Harris, Fizika; Cyrus Weinberger, Principal, Soaring Heights PK-8, Erie, CO*

REGISTER: [https://actionforhealthykids.zoom.us/webinar/register/WN\\_guERdFLSSoixdDjtLjyEA](https://actionforhealthykids.zoom.us/webinar/register/WN_guERdFLSSoixdDjtLjyEA)

**Integrating Physical Activity into Classroom Instruction**

**Thursday, January 16**, 3-3:45pm ET / 2-2:45pm CT / 1-1:45pm MT / 12-12:45pm PT

Moving while learning in the classroom not only gives kids the opportunity to add more physical activity into their day, but also can contribute to improved time on task, motivation to learn, and academic performance. Classroom teachers can be great physical activity leaders with some quality resources and a little enthusiasm. Gain strategies and tips for using movement to teach language arts, math, and science.

*Presenters: Eloise Elliott, Active Academics; Laura Fenn, The Walking Classroom; Suzy Koontz, Math & Movement*

REGISTER: [https://actionforhealthykids.zoom.us/webinar/register/WN\\_pdUrs4N9T0W9fmju\\_TVQA](https://actionforhealthykids.zoom.us/webinar/register/WN_pdUrs4N9T0W9fmju_TVQA)

### **Physical Activity in the Classroom: Get Kids Active with Free Brain Boost Videos**

**Thursday, January 23**, 3-3:45pm ET / 2-2:45pm CT / 1-1:45pm MT / 12-12:45pm PT

Brain Boosts of about 5-10 minutes can be built into the classroom schedule or spontaneously added when there's a dip in student energy and attentiveness to help them get energized, focused, joyful and ready to learn. Learn how to access and use free online videos for kids of all ages from Hip Hop Public Health, GoNoodle, and UNICEF Kid Power.

*Presenters: Lori Rose Benson, Hip Hop Public Health; Shira Ackerman, GoNoodle; Allyson Thomas, UNICEF Kid Power Ups*

REGISTER: [https://actionforhealthykids.zoom.us/webinar/register/WN\\_NLrM4V51SbywgOCZMqEmpA](https://actionforhealthykids.zoom.us/webinar/register/WN_NLrM4V51SbywgOCZMqEmpA)

### **Physical Education Teachers Can Influence and Support Classroom Physical Activity**

**Wednesday, January 29**, 3-3:45pm ET / 2-2:45pm CT / 1-1:45pm MT / 12-12:45pm PT

As physical activity experts and champions in their schools, physical education teachers can be great advocates and supporters for classroom physical activity. Hear from four PE teachers who help eliminate the fear of creating and using active classrooms by identifying resources and activities, providing training, and cheering on their colleagues.

*Presenters: Aaron Hart, Online Physical Education Network (OPEN); Tanya Peal, Soaring Heights PK-8, Erie, CO; Megaera Regan, Manorhaven Elementary, Port Washington, NY; Travis Perigo and David Wilkie, Boiling Springs Intermediate School, Spartanburg, SC*

REGISTER: [https://actionforhealthykids.zoom.us/webinar/register/WN\\_1sgdetiWQ7ebvXEE7IB9iA](https://actionforhealthykids.zoom.us/webinar/register/WN_1sgdetiWQ7ebvXEE7IB9iA)

### **District-Wide Commitment to Classroom Physical Activity and School Movement Labs: The Alief Independent School District Story**

**Thursday, February 6**, 3-3:45pm ET / 2-2:45pm CT / 1-1 :45pm MT / 12-12:45pm PT

Learn how a district set up a plan to promote, support, and expand movement on all campuses and have made progress on their goal of giving kids a variety of movement opportunities throughout the school day, as well as before and after school. Get tips on creating a culture of wellness one step at a time, utilizing morning movement, offering flexible seating, providing action based learning labs, and using physical activity to teach academic content. See how professional development has helped get buy in from teachers and administrators.

*Presenters: Kelley Sullivan, Courtney Grass, Cheryl Williams, and Leslie DeRuiter, Alief Independent School District, TX*

REGISTER: [https://actionforhealthykids.zoom.us/webinar/register/WN\\_MmYwUfYoRs6WGY6lCxERrg](https://actionforhealthykids.zoom.us/webinar/register/WN_MmYwUfYoRs6WGY6lCxERrg)

### **Exploring Social-Emotional Learning Through Movement: A Win-Win**

**Tuesday, February 11**, 3-3:45pm ET / 2-2:45pm CT / 1-1:45pm MT / 12-12:45pm PT

Research shows that the most effective SEL programs are active, so pairing SEL with physical activity is not only a natural fit, it's the most effective approach. Learn about alignment between CASEL's Core SEL Competencies and the National Standards for Physical Education, use of cultural dance to achieve SEL outcomes, and how yoga, breathing, and mindful movement help students self-regulate and build resilience.

*Presenters: Audra Walters and Michelle Carter, SHAPE America; Margot Toppen, EduMotion: SEL Journeys; Melissa Shah, Yoga Foster*

REGISTER: [https://actionforhealthykids.zoom.us/webinar/register/WN\\_iESgtm7YQB98fn3uzSIFA](https://actionforhealthykids.zoom.us/webinar/register/WN_iESgtm7YQB98fn3uzSIFA)