

Managing Classrooms with Physical Activity

By Zack Beddoes

Instant Activity: Walkie-talkie

- Take 10 seconds to find a partner you don't know
- Walk and talk with that partner around the room and discuss the following:
 - ◆ What is your favorite weekend activity?
 - ◆ A fun activity you have planned for this summer.
 - ◆ Identify what you feel is the most important takeaway of this conference so far.
 - ◆ (Grab an M & M snack)

“These activities are great for a conference, but...”

- It's Friday
- It's the day before Thanksgiving break
- It's the last day of the term
- We have an assembly today
- It's Monday
- It's the first day after Christmas break
- Maybe this PA stuff really doesn't work???

■ Your first week of school

Setting up for success:

- “Freeze”

-100%

- “Go”

- “Toe to toe”

- Dividing Class into 2 groups

- Whistle mixer (hold up fingers)/ Form a group and sit

- Manage with movement/Watch those transitions

- “On me”

- Try to pay particular attention to the pedagogy***

Toe to Toe

- ▣ What are some fears teachers may have about including physical activity in a classroom setting???

Whistle Mixer: Groups of 3

- What are some of the barriers of including PA in a classroom setting?
- Scribe
- Presenter (15 seconds)
- Secretary

Activity in an Instant

Activity in an Instant: Spirit Rock, Paper, Scissors

When

Type

Recognize what students need in the moment

Optimal level of arousal

Teacher Shadows Students and is
Shocked by what she finds

Therefore, What?

- Learning and physical activity are NOT mutually exclusive,
- Learning and physical activity are complimentary
- Let's transition from static to dynamic classrooms

Speed Dating

- Introduction (first two people)
- What Resources do you need to be successful?
- Who is going to help you?

Quick Activities

- Rainstorm
- Balancing Act
- Mr. Catman

Review of Pedagogy

- Keep instruction short and precise
- Practice management
- Actively monitor students
- Watch those transition
- Engage with students

■ <https://t.co/n1kBXhEnzl>