

Active Classrooms Month Webinars

Active Schools and Springboard to Active Schools are pleased to present a series of five, 30-minute interactive webinars on how to turn your in-person or virtual classroom into an active one. These free webinars feature experts who will share practical and easy ways to incorporate movement into your classroom, starting from the moment you sign-off the webinar. We hope you'll join us for these fun and interactive webinars!

SIGN UP NOW using the link for each webinar below:

Active Classrooms 101

REGISTER HERE:

https://actionforhealthykids.zoom.us/meeting/register/tJcoceygrTsrHtNLQil_mI_m_AtJ_e0IBQOV

Date: Wednesday, February 3

Time: 3-3:30 PM EST

Presenter: Kate Holmes, Program Manager, NNPHI/Springboard to Active Schools

Description: As we begin our month-long celebration of Active Classrooms, let's start with a shared understanding of what we mean when we say "active classrooms". This webinar will provide an overview of active classrooms, including the definition, benefits, and strategies for getting young people up and moving in both the in-person and virtual classroom. See: <https://schoolspringboard.org/classroomphysicalactivity>

Objectives:

- Define classroom physical activity
- Describe the benefits of classroom physical activity and how it positively influences student health and education outcomes
- Identify the national guidance, strategies, and resources that support the implementation of classroom physical activity
- Outline considerations for ways to incorporate physical activity into the classroom safely and equitably during COVID-19

Integrating Movement for All: Physical Activity and Youth with Disability

REGISTER HERE: https://actionforhealthykids.zoom.us/meeting/register/tJltoC-hqTssH9Uc_3H26P2jaDwksVihZ52u

Date: Monday, February 8

Time: 3-3:30 PM EST

Presenters: Allison Tubbs, Director of Inclusive Public Health Practice and Penny Edwards, Inclusion Specialist, National Center on Health, Physical Activity, and Disability

Description: Physical activity promotes children and adolescent's growth and development while addressing physical, mental, and cognitive health. Youth with disabilities experience limited opportunities for participation in physical activities compared to youth without disabilities. This webinar will help attendees to recognize and identify inclusion elements and strategies to ensure the participation of youth with disabilities during physical activity in classroom or virtual learning settings. See: <https://www.nchpad.org/educators>

Objectives:

- Describe barriers to physical activity for youth with disabilities
 - Describe strategies to implement inclusive classroom and virtual learning physical activity for youth with disabilities
 - Learn about free resources and additional training from the National Center on Health, Physical Activity and Disability
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Integrating Movement into Classroom Culture

REGISTER HERE:

<https://actionforhealthykids.zoom.us/meeting/register/tJAvcuqtqT8pHdPUI5VcGgY4kfoW3Z9qcqP>

Date: Wednesday, February 10

Time: 3-3:30 PM EST

Presenter: Hildi Nicksic, Clinical Assistant Professor, Texas A&M University

Description: Incorporating movement into the classroom has the potential to increase student learning preparedness, improve behavior, and promote overall health. There are various strategies for adding physical activity opportunities to existing lesson plans that can be done simply and without a lot of prep, materials, or equipment. This webinar will share ways to enhance your current teaching practices by increasing student movement and creating a classroom culture of physical activity.

Objectives:

- Describe at least two forms of classroom physical activity
 - Explain at least one management strategy for promoting student movement in the classroom
 - Discuss at least two ways to immediately implement classroom physical activity into your current teaching practices
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Integrating Movement into Your Language Arts, Science, and Social Studies Lessons

REGISTER HERE:

<https://actionforhealthykids.zoom.us/meeting/register/tJlvduqgrjksE9V39xT3lBxFLjgMePGNnLJ->

Date: Wednesday, February 17

Time: 3-3:30 PM EST

Presenter: Eloise Elliott, Professor, West Virginia University

Description: Opportunities to incorporate movement into the classroom are everywhere, including while teaching academic subjects. This webinar will highlight ideas for reinforcing language arts, science, and social studies standards in both virtual and in-person classrooms through movement from Active Academics, www.activeacademics.org

Objectives:

- Practice using movement to reinforce content standards in language arts, science, and social studies
 - Describe strategies to integrate physical activity into the in-person and virtual classroom
 - Describe the Active Academics web-based resource and how to use it
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Integrating Movement into Your Math Lessons

REGISTER HERE:

<https://actionforhealthykids.zoom.us/meeting/register/tJYlcOyqpjispG9TqGtvaUHao5R61yAQjKd0T>

Date: Wednesday, February 24

Time: 3-3:30 PM EST

Presenter: Suzy Koontz, Founder and CEO, Math and Movement

Description: Join us for this fun, energizing, and interactive virtual training on incorporating movement during math! Learn practical, kinesthetic strategies for boosting fluency, building number sense and critical thinking. All participants will receive the *Math & Movement Training Manual* e-book that contains over 250 engaging math-movements. In 30-minutes, you will learn how easy it is to include fun math practice into your lessons.

Objectives:

- Share strategies to immediately implement physical activity into math class
- Practice using movement to reinforce content standards in math
- Share strategies for including physical activity into the virtual classroom and for increasing parental engagement