

Activity and Classwork Combos

Active Learning means combining academic learning and body movement for better brain power.

Time is definitely of the essence during the busy school day, but if you could cover all your required lessons AND improve your student's knowledge retention, would you do it? It's been shown that using physical activity while learning can enhance academic performance.

Teacher's Technical Talk

The Center for Disease Control and Prevention has found evidence that physical activity in the classroom greatly improves academic performance. The CDC found that classroom physical activities increased blood flow, oxygenation, neurotransmitter levels, brain tissue, volume and nerve cell growth in the hippocampus (the memory and learning part of the brain). These physical changes led to improved attention span, information processing, coping skills, and self esteem.

Kid Speak

Moving and learning can go together! Movement can energize both your body and your brain, helping you to learn better.

Research Shows the Benefits of More Movement in the Classroom

According to the CDC, exercise raises the amount of neurotransmitters in the brain, which help to channel thoughts and feelings. Also, when muscles are in motion, they produce proteins that make their way to the brain, thus ensuring smooth thought processes. Classroom physical exertion also helps to relieve stress and anxiety.

Additional Resources

- Five Minute Physical Activities for High School Classrooms | eHow.com: http://www.ehow.com/info_12031916_five-minute-physical-activities-high-schoolclassrooms.html
- Active Learning Ideas: Healthtips.com
- Fitness Tips: fitness.gov
- Youth and Active Learning: http://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf

Activity and Classwork Combos

Jumping Jack Facts (K-2)

Take to your feet for addition and subtraction! The whole class participates and after a fact question is presented, they all jump out their answer.

Up & Down, True & False (All grades)

Teacher will quiz students on true/false questions. Students are instructed to stand up for true and sit down for false.

Grammar Race (Grades 3-5)

Divide your class into teams by the number of students in each row. Give a piece of chalk to the student at the front of each row. Recite a sentence and have the first person in the aisle rush to the chalkboard and write out the first word, then give the chalk to the second person to write the second word. Go on until reaching the last student in the row, whose job it is to finish the sentence. Award 25 points to each team that spells the sentence correctly, 25 points to the fastest team, and 25 points for the most legible handwriting.

Spell & Toss (All grades)

Bring in a beach ball to toss around while doing spelling drills. The student with the ball spells a spelling list word and tosses it to another student who spells the next word. Results: Never before seen enthusiasm for spelling!

Balanced Learning (All grades)

While standing on one leg, students read or listen to a section of text. Students are instructed to change legs every 10 to 30 seconds.

Safety Dance

Learn about pedestrian and bicycle safety with any of the music and videos featured on the Safe Routes to School National Partnership's playlist. Be sure to encourage your students to move their feet while they listen and learn.

<http://www.saferoutespartnership.org/resourcecenter/music-and-videos>

All Arms Up (All grades)

Telling time can be demonstrated by students using their arms as hands of the clock. Students get active in geometry lessons by standing and showing different angle degrees with their arms above their heads.

Fired Up High Fives (All grades)

Students line up in a row with both hands raised, palms up and facing forward. When the teacher asks a question, students answer with a high five to their left for true, and a high five to their right for false.

Student's Choice (All grades)

Challenge your students to think up their own Activity & Classwork Combos. Choose combinations to do in class on an earned basis for more good behavior incentives!

Bonus!

Share your Activity and Classwork Combos with us and it could be chosen as a highlighted feature on our website!