

PHYSICAL ACTIVITY RESOURCES FOR CLASSROOM TEACHERS

As a service to its users, the Vermont Department of Education offers links from its Web site to resources and Web sites developed by other organizations. These links are provided as a resource only. Unless specifically stated, the inclusion of such links does not imply endorsement or support of information, products or services offered by an organization other than the Vermont Department of Education. Information contained on such linked resources should be independently verified.

For more information or to provide feedback about these resources, contact Lindsay Simpson, Physical Education Consultant, at (802) 828-5148 or lindsay.simpson@state.vt.us.

NOTE: All the links provided below will take you off the department's Web site.

Lesson Ideas

Active Academics provides practical ideas for integrating physical activity in K-5 math, reading/language arts, health/nutrition, and physical education classes.
www.activeacademics.org

Take 10 offers a searchable database of classroom-based physical activity lessons for K-5.
www.take10.net/whatistake10.asp?page=new

Activity Bursts for the Classroom shows elementary schools how to restructure physical activity into multiple, brief episodes throughout the day without taking away valuable time for classroom instruction.
www.davidkatzmd.com/abcforfitness.aspx

Brain Breaks provides physical activity lessons for K-6 classrooms. Lesson menu is broken into specific content areas and other settings.
www.emc.cmich.edu/brainbreaks/

Energizers are classroom based physical activities for grades K-8 that integrate physical activity with academic concepts.
www.ncpe4me.com/energizers.html

Winter Kids Outdoor Learning Curriculum is aligned with National Education Standards and offers interdisciplinary lessons in a variety of subjects for grades K-12 with a complete adapted component for disabled children.
www.winterkids.org

Research

Action Based Learning - puts brain-based learning into action with teacher friendly, "kid-tested, kid-approved" strategies that move students to learn! See the "articles" tab.
<http://www.actionbasedlearning.com/>

Brain Rules - is a multimedia resource detailing 12 key rules scientists know about how the brain works. For each brain rule Dr. John Medina presents the science and then offers ideas for investigating how the rule might apply to our daily lives, especially at work and school. Dr. Medina is a developmental molecular biologist and research consultant. He is an affiliate Professor of Bioengineering at the University of Washington School of Medicine. He is also the director of the Brain Center for Applied Learning Research at Seattle Pacific University.

<http://www.brainrules.net>

"Spark, The Revolutionary New Science of Exercise and the Brain" by Dr. John Ratey
This book presents groundbreaking research linking the connection between exercise and the brain's performance. Evidence shows how even moderate exercise will supercharge mental circuits to beat stress, sharpen thinking, enhance memory, and much more. Chapter two is dedication to physical activity and education.

<http://www.johnratey.com>

Organizations Supporting Youth Physical Activity and Wellness

National Association for Sport and Physical Education

www.aahperd.org/naspe/

CDC's Division of Adolescent and School Health

www.cdc.gov/healthyyouth/index.htm

Alliance for a Healthier Generation

www.healthiergeneration.org/

Action for Healthy Kids

www.actionforhealthykids.org/

Vermont Association for Health, Physical Education, Recreation and Dance

www.vtahperd.org

Vermont Department of Health's Fit and Healthy Kids Initiatives

http://healthvermont.gov/family/fit_healthykids.aspx