

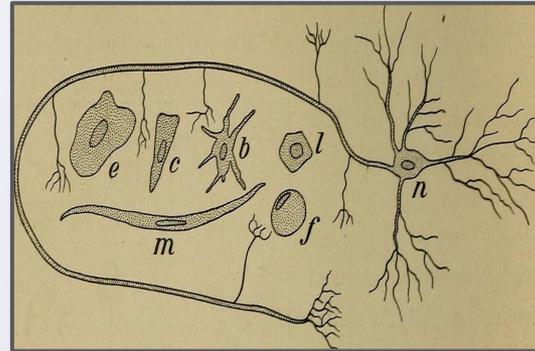
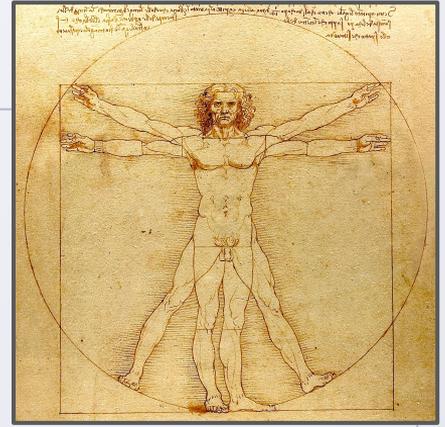
**Physical Wellness in the time of COVID:
Why Movement is Critical to the
Future of the
Whole Child Experience.**

Amanda Grindstaff and Bryan Agurcia, 6.30.2020

What's Happened during COVID + Remote Learning...



HEALTHY BODIES + BRAINS



After Months of Isolation, An Unprecedented Stressful Situation, Lack of physicality, what kids need is...



MOVEMENT + PLAY!



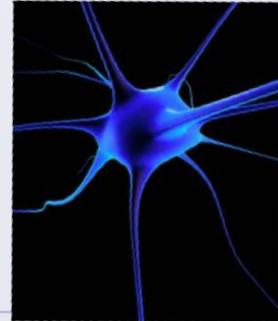
“Play is our brain’s favourite way of learning. It has a deep impact on our cognitive, social, developmental and academic skills.”- Diane Ackerman

Psychological Benefits of Physical Activity

“Regular physical activity, regardless of age, creates important potential benefits on psychological state. Adaptations often occur to a degree equal to that with other therapeutic interventions, including pharmacologic therapy” (McArdle, 2015).

6 Potential Psychological Benefits from REGULAR PHYSICAL ACTIVITY:

1. Reduction in state of anxiety
2. Decrease in mild-to-moderate depression
3. Reduction in neuroticism
4. Adjunct to professional treatment of severe depression
5. Improvement in mood, self-esteem, and self-concept
6. Reduction in the various indices of psychological stress



EXERCISE is like taking.....a little Prozac + a little Adderall

Who can help increase & promote more movement?

- Physical Education + Health Education
- Classroom Movement Breaks - SPARK
- Extracurriculars - Sports, Clubs, Extended Day, Community Programs
- Community Activities - Brookline Rec, Golden Shoes, Scavenger Hunts,

Physical Education + Health Education



Asynchronous Learning -

Activities done on students' own schedule

<https://sites.google.com/psbma.org/bakerpe/extended-learning/weekly-challenge-videos>

<https://sites.google.com/psbma.org/345physed/resources/virtual-pe-classes?authuser=0>

https://docs.google.com/presentation/d/1hTJwVRx9tCkNjROukx8rW6raYi5d2FOmgOU62HIzivw/edit#slide=id.g8650b5b556_1_17

Synchronous Learning -

Zoom classes (Live + Recorded for Asynchronous)

*P.E. IS WHERE YOU MOVE, HEALTH IS WHERE YOU
UNDERSTAND WHY.*

HEALTH Education Is Part of the solution too.

Teaching students HOW + WHY to care for their bodies.

Physical Education + Health Education

What it could look like next year...

- Scheduled Zoom class with P.E. teachers
- Use of Closed Streets to keep P.E. outside
- PE teacher Pops into classroom meets/ zooms to do movement breaks
- Virtual Office Hours/ Electives (go to the activity of choice) offered at different times
- Movement Breaks Built into classroom schedules for reg movement
- Multiple Access Points - Virtual, Recorded, Live at school fields



Physical Education + Health Education

Guiding Principles for Physical Education During COVID...

- ▶ ACCESSIBLE to all - (remotely + IN person) + REQUIRED
- ▶ Engaging = with others (peers + Teachers)
- ▶ FUN !!!
- ▶ Playful
- ▶ Cognitive + Affective - Not just teaching skills but mindsets and belief systems about movement + fitness + healthy bodies
- ▶ Less sport specific and more body movement/ exploration + acceptance
- ▶ CREATIVE
- ▶ Focused on Inner + Outer Strength
- ▶ Helping to build connections + a sense of community

teaching students how to care for their bodies so that one can enjoy and do the things they want to do for their lifetime.

Physical Education + Health Education

Ways P.E. could look @ SCHOOL...

- **ESSENTIAL** - This is where they Play, where they get movement + development of physical skills. This is where they can bond + socialize + promote lifelong physical health.
- Small groups 30-45 min in their cohorts (utilize inside + outside space)
- Class sets of equipment that only their cohort uses (sanitized before next cohort comes)
- Use of outside space (park) year round
- Get creative with units we teach (orienteering, snow shoeing, cardio walking, wheels day, changing park space to obstacle course, slacklining, drumming)

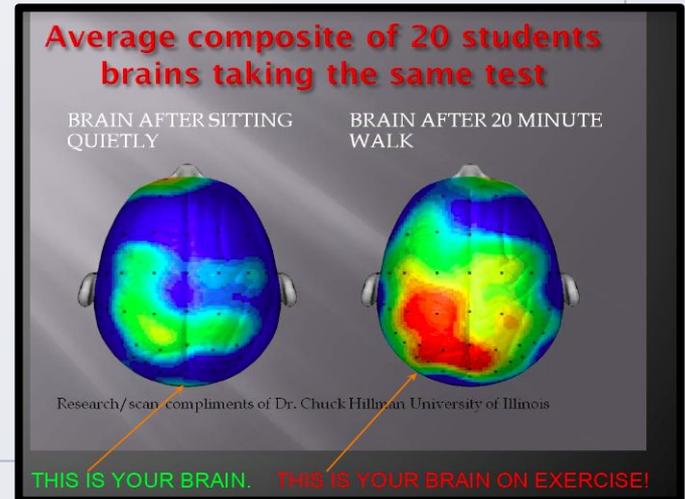
- **WHAT WE WILL NEED:**
 - Equipment (cohort sets) - PD for technology
 - Collaboration time - New creative spaces (Permits?)
 - **Reinstate a Coordinator to ensure equity across schools**

CLASSROOM MOVEMENT BREAKS

"INTERRUPTING SITTING IS THE SECRET POTION TO HEALTH."

Dr. Joan Vernikos, former NASA director of Life Sciences

- ❑ Start, Break or End class with **MOVEMENT**.
- ❑ Physical Education is essential but isn't enough
- ❑ Trying to cure hours of sedentary behaviors
- ❑ Staying in classrooms in cohorts- less movement & more sitting



EXTRACURRICULARS

SPORTS - What sports can we offer that maintain distance + are deemed "Safe"?

Student athletes need a way to resume normalcy and their piece of themselves that is missing. Sports can be part of one's identity and can impact emotional health as well as physical health.

(Tennis / Baseball / Volleyball / Ultimate Frisbee / Soccer)

EXTENDED DAY PROGRAMMING - A great opportunity to have more movement + social play incorporated into an extended school day.

"A GAME IS A WAY OF LOOKING AT SOMETHING, ANYTHING."

Clark C. Abt

COMMUNITY PROGRAMMING

Brookline Recreation- programming for small groups/offer virtual programming

Golden Shoes- Pierce tradition

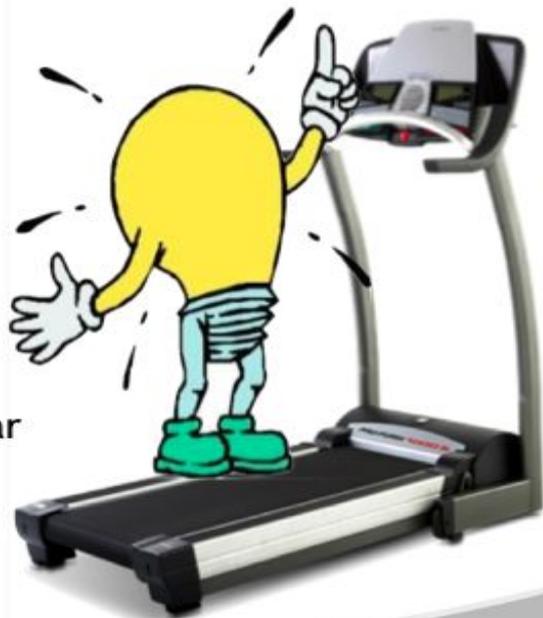
Virtual programming with local businesses-

- Yoga Studios
- Rowing Studio
- Fitness Centers (parent + kid workouts)



Physical Activity

- Physical Education
- Recess
- Classroom Activity
- Extracurricular Activities



Academic Performance

- Cognitive Skills
- Attitudes
- Academic Behaviors
- Academic Achievement

[Whole School, Whole Community, Whole Child Model- link from CDC](#)

