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30+ WAYS TO ALIGN PHYSICAL ACTIVITY & ACADEMICS

Free Resources from PowerUp Fitness

powerupfitness.net/tipsandtricks

powerupfitness.net/athome

Q & A   HANDOUTS   RECORDING   COMPLETION CERTIFICATES

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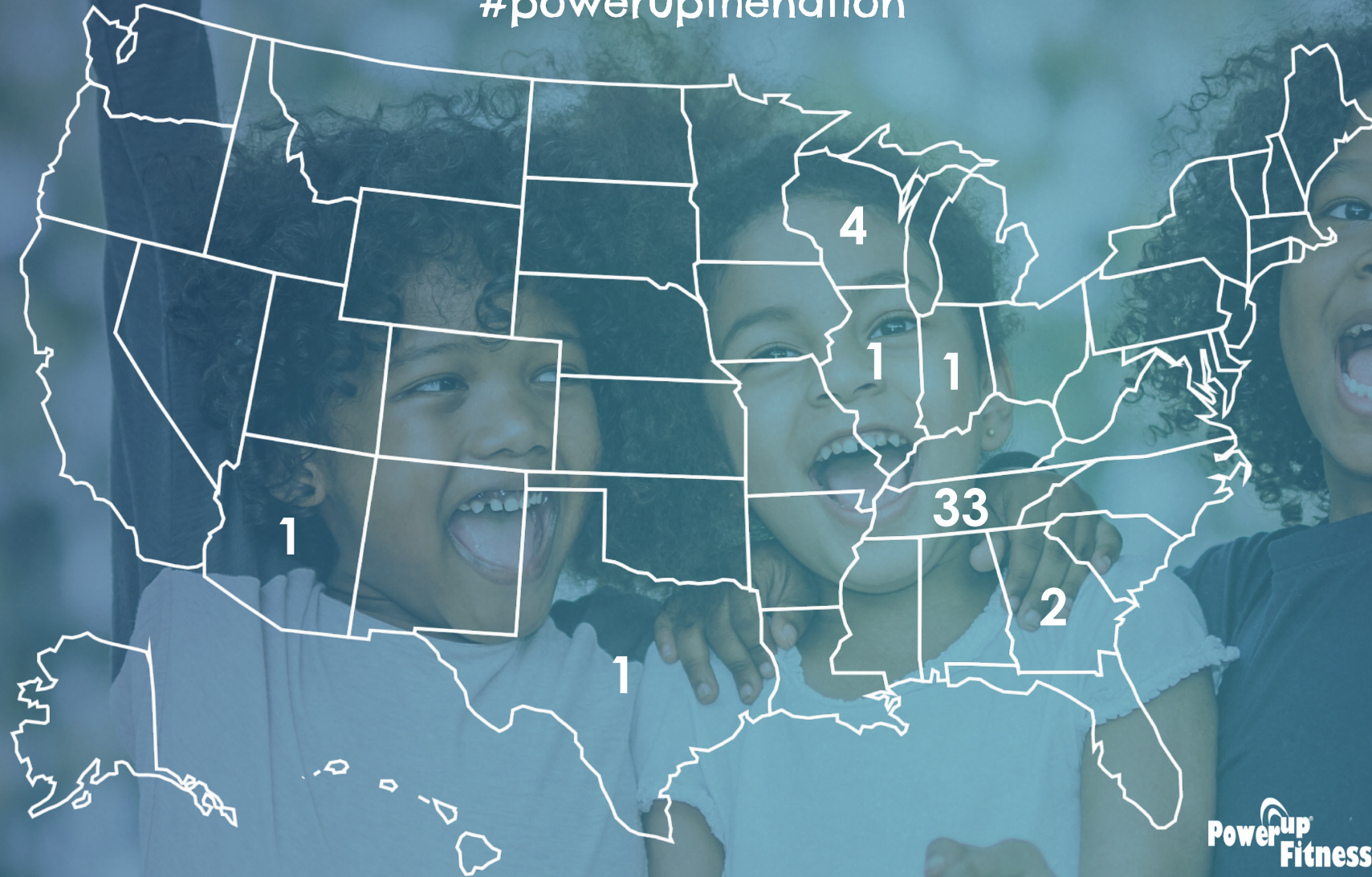PowerUp Fitness, LLC

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The idea that…

▶ Students are actively engaged in the learning process, rather than passively absorbing the information.

Today we will:

Apply creative thinking to the application of academic standards

Learn stretches, exercises, and games that can be implemented in a variety of settings *(all aligned with educational standards)*

Have fun!

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Have fun!

WHAT GRADE LEVELS ARE YOU WORKING WITH?

Academic Standards

► The Common Core is a set of high-quality academic standards in mathematics and English language arts/literacy (ELA).

► These learning goals outline what a student should know and be able to do at the end of each grade. The standards were created to ensure that all students graduate from high school with the skills and knowledge necessary to succeed in college, career, and life, regardless of where they live.

► Forty-one states, the District of Columbia, four territories, and the Department of Defense Education Activity (DoDEA) have voluntarily adopted and are moving forward with the Common Core.

► http://www.corestandards.org/about-the-standards/

Activities

Jog High Knee/Kick Bottom

Frankenstein Walks

Three Step Stretch

Hip-Hops

▶ K.CC.A.1 : Count to 100 by ones, fives, and tens. Count backward from 10.

▶ K.OA.A.1 Represent addition and subtraction with objects, fingers, mental images, drawings, sounds, acting out situations, verbal explanations, expressions, or equations.

▶ 1.NBT.A.1 Count to 120, starting at any number. Read and write numerals to 120 and represent a number of objects with a written numeral. Count backward from 20.

▶ 2.OA.A.1 Add and subtract within 100 to solve one- and two-step contextual problems, with unknowns in all positions, involving situations of add to, take from, put together/take apart, and compare. Use objects, drawings, and equations with a symbol for the unknown number to represent the problem.

▶ 2.NBT.A.2 Count within 1000. Skip-count within 1000 by 5s, 10s, and 100s, starting from any number in its skip counting sequence.

Power UP your SCHOOL

FRANKENSTEIN WALKS

Power up Fitness

Activities

Jog High Knee/Kick Bottom

Frankenstein Walks

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Activities

Lunges
Wall Pushups
Squat Jumps

► 3.OA.A.1 Interpret the factors and products in whole number multiplication equations (e.g., 4 x 7 is 4 groups of 7 objects with a total of 28 objects or 4 strings measuring 7 inches each with a total of 28 inches.)

► 3.OA.A.3 Multiply and divide within 100 to solve contextual problems, with unknowns in all positions, in situations involving equal groups, arrays, and measurement quantities using strategies based on place value, the properties of operations, and the relationship between multiplication and division (e.g., contexts including computations such as 3 x ? = 24, 6 x 16 = ?, ? ÷ 8 = 3, or 96 ÷ 6 = ?) (See Table 2 - Multiplication and Division Situations).

► 4.OA.A.1 Interpret a multiplication equation as a comparison (e.g., interpret 35 = 5 x 7 as a statement that 35 is 5 times as many as 7 and 7 times as many as 5). Represent verbal statements of multiplicative comparisons as multiplication equations.

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SQUAT JUMPS

PowerUp Fitness

Activities

Lunges

Wall Pushups

Squat Jumps

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Activities

Wall Sit

Plank

▶ 2.MD.C.7 Tell and write time in quarter hours and to the nearest five minutes (in a.m. and p.m.) using analog and digital clocks.

▶ 3.MD.A.1 Tell and write time to the nearest minute and measure time intervals in minutes. Solve contextual problems involving addition and subtraction of time intervals in minutes. For example, students may use a number line to determine the difference between the start time and the end time of lunch.

PLANK

Power up Fitness

Activities

Wall Sit

Plank

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Activities

Shape Jumps
Long Jumps
Bunny Hops

- 2.G.A.1 Identify triangles, quadrilaterals, pentagons, hexagons, and cubes. Draw two-dimensional shapes having specified attributes (as determined directly or visually, not by measuring), such as a given number of angles or a given number of sides of equal length.

- 3.MD.C.7 Relate area of rectangles to the operations of multiplication and addition.

- 4.MD.C.5 Recognize angles as geometric shapes that are formed wherever two rays share a common endpoint, and understand concepts of angle measurement.

- 4.MD.A.3 Know and apply the area and perimeter formulas for rectangles in real-world and mathematical problems. For example, find the width of a rectangular room given the area of the flooring and the length, by viewing the area formula as a multiplication equation with an unknown factor.

- 5.MD.C.3 Recognize volume as an attribute of solid figures and understand concepts of volume measurement

Power UP your SCHOOL

Shape Jumps

- Number of sides
- Perimeter
- Area
- Angles

Activities

Shape Jumps
Long Jumps
Bunny Hops

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Power UP your SCHOOL

Activities

Alphabet Stretch

Spelling Jumping Jacks

- K.FL.PC.1 Demonstrate understanding of the organization and basic features of print.
  - d. Recognize and name all upper and lowercase letters of the alphabet in isolation and in connected text.
- 1.FL.PC.1 Demonstrate understanding of the organization and basic features of print.
  - a. Recognize the distinguishing features of a sentence, such as first word, capitalization, and ending punctuation.
- FL.WC.4: Know and apply grade-level phonics and word analysis skills when encoding words; write legibly.
  - 1-5: Spelling
  - K: Write uppercase and lowercase manuscript letters from memory

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Activities

Alphabet Race
- *letters*
- *nouns (proper & common)*
- *verbs*

▶ FL.SC.6: Demonstrate command of the conventions of standard English grammar and usage when speaking and conventions of standard English grammar and usage, including capitalization and punctuation, when writing.

  ▶ K-5

Activities

Running Ladders

Food Frenzy

Shipwreck

- ► R.KID.3: Analyze how and why individuals, events, and ideas develop and interact over the course of a text.

  - ► 3.RI.KID.3 Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language that pertains to time, sequence, and cause/effect.

  - ► 2.RI.KID.3 Describe the connections between a series of historical events, scientific ideas, or steps in a process in a text.

- ► R.CS.4: Interpret words and phrases as they are used in a text, including technical, connotative, and figurative meanings, and analyze how specific word choices shape meaning or tone.

  - ► 3.RI.CS.4 Determine the meaning of words and phrases in a text relevant to a grade 3 topic or subject area.

- ► R.IKI.7: : Integrate and evaluate content presented in diverse formats and media, including visually and quantitatively, as well as in words.

  - ► 4.RL.IKI.7 Make connections between the print version of a story or drama and a visual or oral presentation of the same text.

  - ► 1.RI.IKI.7 Either orally or in writing when appropriate, use the illustrations and words in a text to describe its key ideas.

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Activities

Science Explorers

Cardio Freeze Tag

▶ 3.SL.CC.2 Determine the main ideas and supporting details of a text presented in diverse media such as visual, quantitative, and oral formats.

▶ 2.SL.CC.2 Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.

▶ K-4: SL.CC.3 Ask and answer questions about what a speaker says in order to gather information or clarify something that is not understood.

Power UP your SCHOOL

Science Explorers

- Biomes
- Weather
- Animals
- Reading Twist – Reenact scenes from a story

PowerUp Your School

▶ A physical activity program aligned with K-8 educational learning standards for:

  ▶ Before and After School Programs

  ▶ Physical Education

  ▶ Youth Organizations (YMCAs, Summer Camps, etc.)

▶ Evidenced-based and founded on best practices in the industry

▶ Combines exercise and education to PowerUp Kids' bodies and brains!

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Evidence Supporting PowerUp Your School

- Independent researchers from the University of Tennessee evaluated the amount of MVPA participants were getting in the program and the quality of the instructors (using SOFIT observation methods. Results have been published by the American College of Sports Medicine here: https://journals.lww.com/acsm-msse/FullText/2014/05001/Physical_Activity_during_a_Before_School_Activity.2714.aspx#pdf-link

  - Key findings: 60.1% of the time was spent in MVPA; 17% in Light Activity

  - The instructors time was spent promoting fitness and managing children

- PowerUp Fitness conducted a survey of teachers, that are not PowerUp instructors and therefore unbiased, but had students participating in PowerUp Your School to evaluate the impact of the program that carries over into the classroom. Results are shown on slide 4.

- PowerUp Your School is founded upon the best practices of physical activity and academic achievement as outlined by the CDC here: https://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf

PowerUp Your School Bundles

	PowerUp Your School "Starter Bundle" $349	PowerUp Your School "School Year Bundle" $499	PowerUp Your School "Elementary Bundle" $1000	Annual Instructor Renewal $99
Online Instructor Training Platform	1 instructor 1 year of access	1 instructor 1 year of access	2 instructors 1 year of access	1 instructor 1 year of renewed access
PowerUp Instructor Manual	1 manual	1 manual	2 manuals	Electronic version of updated materials
PowerUp Lesson Plans	24 PowerUp Your School Plans Choose from: • K-1st • 2nd-3rd • 4th-5th • 6th-8th	48 PowerUp Your School Plans Choose from: • K-1st • 2nd-3rd • 4th-5th • 6th-8th	144 PowerUp Your School Plans Includes: • K-1st • 2nd-3rd • 4th-5th	Electronic version of updated materials
Business Basics Materials (Logos, Sample Waivers, & More!)	1 year of access	1 year of access	1 year of access for each instructor	1 year of renewed access
Instructor Tips & Tricks Subscription	1 year subscription	1 year subscription	1 year subscription for each instructor	1 year renewed subscription
		*Best option for full year middle school program		

Available Add-Ons & Considerations: Support Instructor* - $99   24 PowerUp Your School Plans - $150   48 PowerUp Your School Plans - $225

*Only available with bundle purchase. Instructor must be at same site. Includes access to Online Training Platform, Business Basics Materials, and Tips & Tricks Subscription. Does not include hardcopy materials.

1. Two Instructors per school/program location recommended
2. Discounts available for schools and organizations certifying six or more instructors!

Ways to Implement PowerUp Your School®

➢ Volunteers — Support community volunteers through instructor training and utilize community members to run the program.

➢ Grants
- Look for applicable grants to fund PowerUp Your School
- After school/extended learning grants like 21st Century and LEAPs have been used in the past!

➢ Local Sponsorships
- Full or partial sponsorships
- In choosing a sponsor consider alignment with program, school, and overall mission of the PowerUp Your School program

➢ Participant Paid — Charge participants an appropriate fee to cover training and instruction costs

➢ Principal / School Paid — Costs associated with the program are covered by the Principal's budget or System budget (i.e. Coordinated School Health)