

Cheektowaga - Sloan
Union Free School District

JOHN F. KENNEDY BEARS



Robert N. Julian, Jr.
JFK High School Principal
Grades 9-12

RJulian@cheektowagasloan.org
716-891-6407



“Push for Play”



Cheektowaga - Sloan
Union Free School District

WHY?

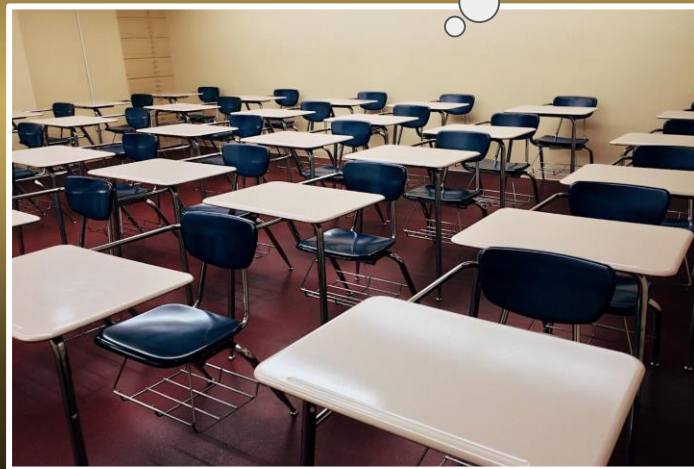


6.3

31.5

126

1260



What might be a possible relationship between the numbers and the picture?



(42 mins x 9 periods per day)

6.3 hours of class/seat time per day

→ *x 5 days per week*

31.5 hours of “seat time” per week

→ *x 4 weeks per month*

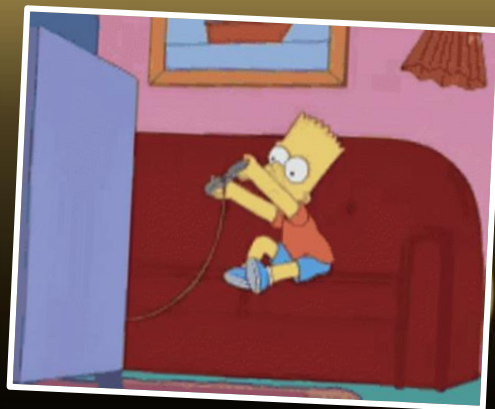
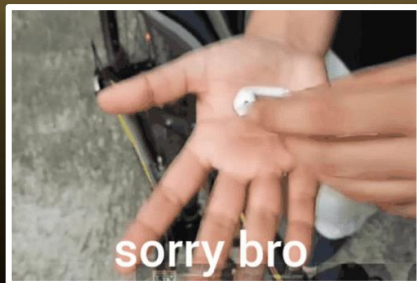
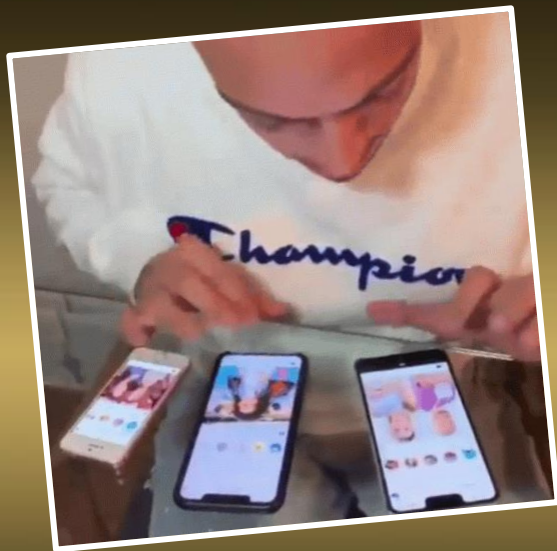
126 hours of “seat time” per month

→ *x 10 months per year*

1,260 hours of “seat time” per year



A typical “teen”?



Start with Policy...

Physical Activity and Education

Open with ▼

Physical Activity

Since physical activity affects students' emotional and physical well-being, as well as their cognitive development, the District is committed to ensuring that all students, including students with disabilities requiring adaptations or modifications, are provided the opportunity to participate in physical activity before, during, and after school. Physical activity opportunities will be in addition to, not in lieu of, physical education.

Recess, physical education, or other physical activity time will not be cancelled for instructional make-up time, nor will it be withheld for disciplinary action unless the student is a danger to himself, herself or others. This does not include participation on sport teams that may have specific academic requirements. Classroom teachers will be provided with a list of ideas for alternative ways to discipline students.

The District is committed to encouraging physical activity through the following:

- a) Classroom Physical Activity Breaks (Elementary and Secondary)

All classroom teachers, and particularly those engaged in the instruction of K through 5 students, are strongly encouraged to incorporate into the school day short breaks for students that include physical activity, especially after long periods of inactivity.

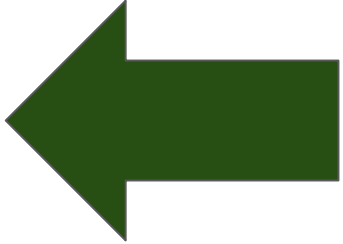


Instructional Strategy #1: Physical Barometer

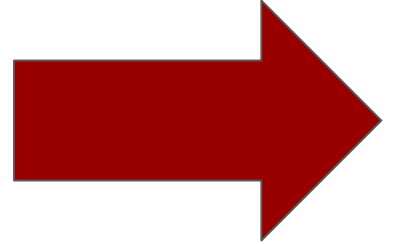


Does your District have a specific BOE-approved *Policy* regarding *physical activity during the instructional day*?

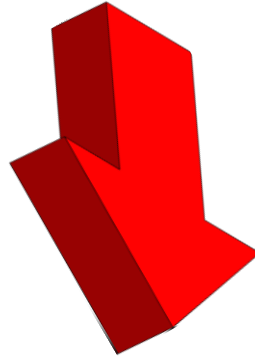
YES



NO



I don't know
(back wall)



Physical Barometer

***An easy-to-use diagnostic that allows the teacher to visually assess the class**



***Allows for physical movement which re-activates the brain**

***Promotes critical thinking, speaking, and listening**

***Can be used as an anticipatory set and/or closure**

Physical Barometer



- *A critical “yes or no” question will be posed to the class**
- *All “yes” respondents go to one side of the room; All “no” respondents go to the other side of the room; “undecided” students remain in the middle/back of the room**
- *All students briefly share their thinking with a person next to them**
- *Teacher asks volunteers from both “yes” and “no” side to share their thinking with the whole class**
- *Teacher closes by asking “undecided” students to select a side (if applicable)**
- *Can adapt as needed**

How is CSUFSD utilizing the CHSC Grant to promote physical activity for students?



Cheektowaga - Sloan Union Free School District

T.R.



Cheektowaga - Sloan Union Free School District



Cheektowaga - Sloan Union Free School District

WW



Cheektowaga - Sloan Union Free School District



JFK MS



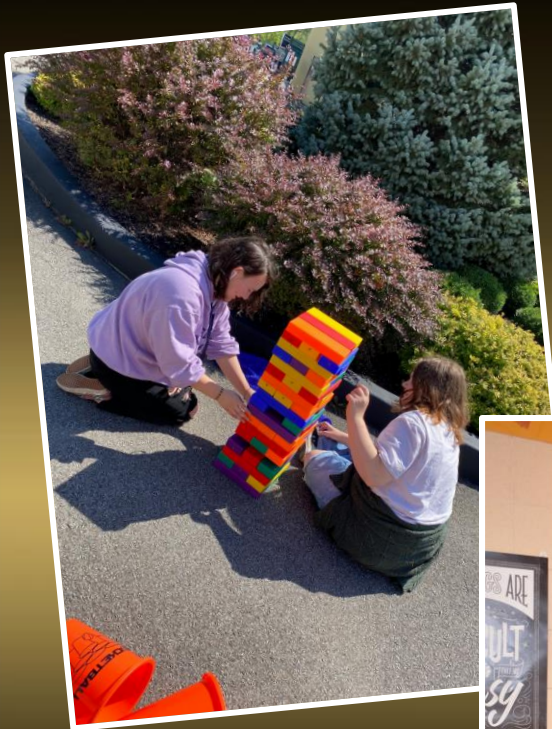
Cheektowaga - Sloan Union Free School District

H.S.



Cheektowaga - Sloan Union Free School District

H.S.



Cheektowaga - Sloan Union Free School District



H.S.

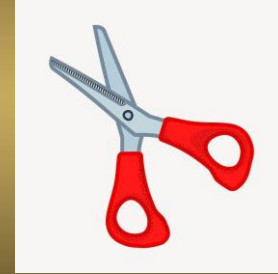




Staff Wellness



Brain Breaks PD



Tournament



Rock, Paper, Scissors Challenge

1. **Pair up**
2. Partners compete in one round of traditional Rock, Paper, Scissors. Repeat round if there is a tie.
3. **The winner from each pair moves on and finds another winning student to play. The non-winner joins the team of the person who beat them and cheers for them in their next competition.**
4. Each round, the winner advances and the non winners continue to follow the winner and cheer for their team. The game continues until there are only two winners left where they compete in the final round with their team behind them!



APPLY IT!

"TELL ME AND I FORGET, TEACH ME AND I REMEMBER,
INVOLVE ME AND I LEARN."
-BEN FRANKLIN

THINK:

- Choose a lesson you are teaching next week.
- Assess or predict the expected level of engagement.
- Chunk it - break the lesson up into thirds
- Incorporate a **BRAIN BREAK**

THINK-PAIR-SHARE

Cheektowaga - Sloan Union Free School District

