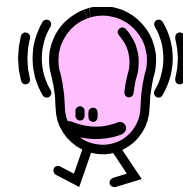
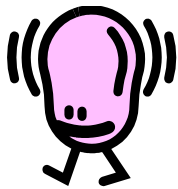
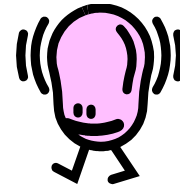


LONG BRANCH PUBLIC SCHOOLS



WHAT IS A BRAIN BREAK

- A "brain break" is defined as "a short mental break, taken at regular intervals during instruction, and used to achieve optimal learning."

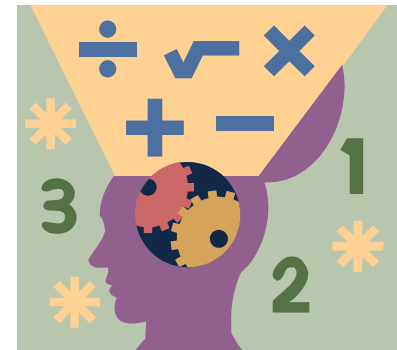


When to Use Brain Breaks?



- You could use brain breaks in the middle of lessons or in-between them.
- You could take a brain break right before you go into the hallway (let them get their wiggles out before trying to get them to walk quietly down the hallway) or to let out some energy after a particularly quiet activity.
- The beauty of brain breaks is that they are so quick and easy that you can do them at pretty much any time.
- You can use some of them for "filler" activities when we have just 1-2 minutes to kill and can't even start an educational game.

Is There a Relationship Between Physical Activity and Academic Performance or Brain Function



YES! There is a relationship.



- Higher Test Scores
- Brain Function
- Improved Classroom Behavior
- Social Success/ Peer Interaction
- Psychological Well-being/ Stress Relief
- Improved School Attendance
- Quality Physical Education Program

Overview of Research Cont' d



- “Physical activity is good not only for the heart, but also for the brain, feeding it glucose and oxygen, and increasing nerve connections, all of which makes it easier for children of all ages to learn. Numerous studies show that children who exercise do better in school.” (Newsweek, 2/19/96)
- Improved balance improves spatial skills needed to read letters from left to right on a page

Overview of Research Cont' d

- “What makes us move is also what makes us think. Certain kinds of exercise can produce chemical alterations that give us stronger, healthier, and happier brains. A better brain is better equipped to think, remember, and learn.” (A User's Guide to the Brain, Dr. John Ratey)
- People who are more aerobically fit have the fastest cognitive responses. (Van Praag)



Overview of Research Cont'd

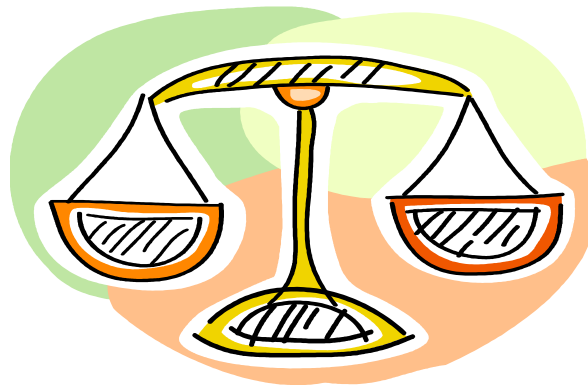
- In a Canadian study, academic scores went up when physical education time was increased to one-third of the school day. (Vanves and Blanchard)
- “Children who engage in daily physical education show superior motor fitness, academic performance, and attitude toward school as compared to their counterparts who do not have physical education.” (Pollatscek and Hagen)
- 85% of school age children are natural kinesthetic learners. Teaching with more of the senses involved increases learning 63%
- Cross lateralization (crossing the midline) uses the same neural connections that the brain uses to read, write, spell, and process math (Blaydes)



Overview of Research Cont'd

All things being equal, a physically active child will have an **ADVANTAGE** in learning and an inactive child is a **DISADVANTAGE** for learning. (Hesslow)

What does this mean for us?



Integrating PE Into the Classroom and the Classroom into PE

- Movement Stories



- Fitness Spelling



- Dice Fitness



- Relays





LB RESULTS



- Thanks to the commitment of the teachers, the district logged 40,000 minutes of physical activity in the classroom.
- Teachers reported that “the kids LOVED them”, and that “they were definitely more focused after the short break”. They were easy to implement, there was no additional paperwork requirements, and it brought some much needed movement and fun into the classroom.

EXPECTATIONS



- Because of last year's success, Brain Breaks have returned to Long Branch! To assure that our kids are getting the most out of this program, **our expectation is that a minimum of 3 Brain Breaks be completed each day**, with at least 1 of those 3 completed in the morning.
-
- Yes, you can do more! While the minimum amount of Brain Breaks is 3, if you see your kids responding positively to the increased movement, feel free to use it as the behavior management tool it's intended to be!



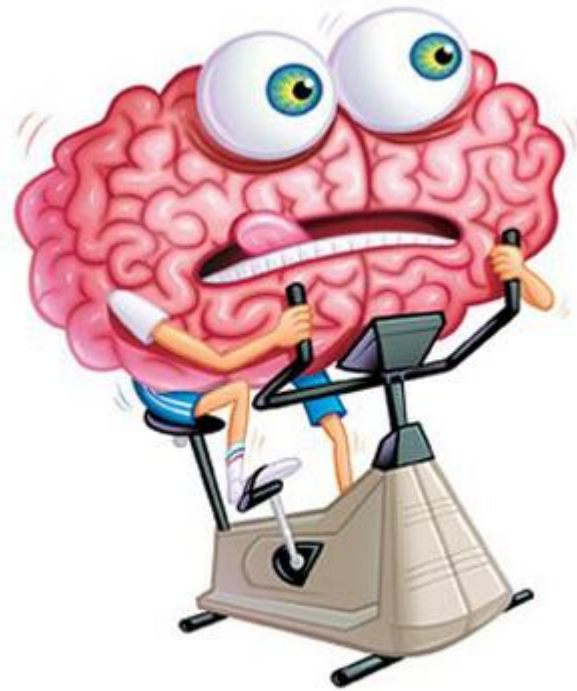
FREQUENTLY ASKED QUESTIONS



- Q: Is my login and password still valid from last year?
- A: YES! But if you changed schools, we need to know that! Email ryan@hopsports.com

QUESTIONS:

- Q: Won't the kids get too excited? I'm afraid I'm going to lose them!
- A: The exact opposite is true. You are helping your kids re-focus on what you are teaching. The research is very clear that kids who are more physically active have better focus in school and higher test scores.



QUESTIONS:

- Q: How many should I do?
- A: The expectation is 3 per day, but you can do more. DO NOT do more than one Brain Break at a time during the school day. Brain Breaks are intended to be short in nature to get kids moving and then get them back to working.



QUESTIONS:

- Q: Can I use it for indoor recess?
- A: Brain Breaks are a behavior management tool. It was not designed to be used at recess. That being said, if you are inside because of inclement weather, Brain Breaks are an excellent way to get kids moving when they can't go outside. The primary purpose of Brain Breaks is to be used in the morning, between classes, during a long block of academics, before and after lunch, and any other time during the day when you feel the kids are not focused on what's being taught in class.



QUESTIONS:

- Q: How do I start?
- A: Log onto brain-breaks.com and enter your username and password. Click on Launch Brain Breaks;
- Click on Instructional Videos;
- Click on FUN Fitness (a kid favorite);
Click on D-A-S-H Coaster (The #1 choice from the kids).
- After that initial video, there are over 200 other Brain Breaks to choose from, and new content will be added throughout the year.



BE ACTIVE AND HAVE FUN!

