

February
2019

Coordinated School Health Newsletter



Physical Activity Breaks in the Classroom

We are here to help!

Per TCA code 49-6-1021, all

Tennessee elementary school students are required to receive 130 minutes of

physical activity per full school week and middle and high school students are required to receive 90 minutes of physical activity per full school week. In addition to physical education and recess, classroom physical activity provides another opportunity during the school day to promote student movement, which increases motivation, decreases behavioral problems, and improves concentration.

***Choose developmentally appropriate and safe activities, modifying for students with disabilities.**

***Portray physical activity in a positive manner and never as a punishment.**

***Be engaged and model healthy behavior.**

***Be consistent and have a set plan for your in-class physical activity.**

Website resources for PA break ideas:

*GoNoodle -www.gonoodle.com

*Fitwizard-www.fitwizard.org

*Action for Healthy Kids-www.actionforhealthykids.org

*Move to Learn-www.movetolearnms.org

5 Classroom Activity Breaks

Studies show that regular classroom physical activity improves focus, academic achievement, behavior, and more! Use these activities to get your classroom moving!



1 MOVEMENT STATIONS.

Make signs designating 3 movement stations. Assign different movements to the stations each day. Divide students into 3 groups and assign them their stations, rotating throughout the activity period or day.



2 PUMP (BACKPACK) IRON.

Use students' backpacks with one or two books inside as "kettlebell" weights for basic arm curls and arm raises.



3 QUIZ IN MOTION.

Review a unit or study for a test by asking your students a series of true-or-false questions. If the question is true, students should perform jumping jacks. If it is false, they should touch their toes. Change the motions up for each session.

4 WALK A TIGHTROPE.

Place a piece of masking tape in a line across the room and invite students to walk the line like a balance beam.



5 HOST THE OLYMPICS.

Instruct students to mimic various sports movements for 15 seconds. Serve tennis balls, bump volleyballs, block a jump shot, catch footballs... the possibilities are endless!



American Heart Month urges Americans to join the battle against heart disease.

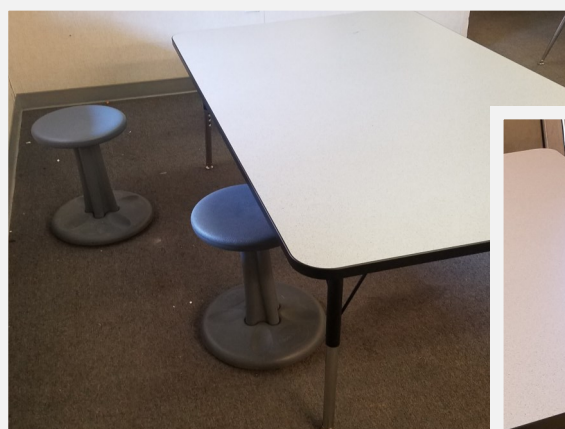
We as CSH, are helping in this battle by doing annual blood pressure screenings on our students. We currently screen Kindergarten, 2nd, 4th, 6th, 8th, and 9th grade students. If we have a high BP screen, we rescreen that student three more times and notify the parent if the BP remains elevated.

Blood pressure is one of the most important screenings because high blood pressure usually has no symptoms, therefore can not be detected without being measured. High blood pressure greatly increases your risk of heart disease and stroke. High blood pressure can be controlled through lifestyle changes and/or medication.



DCHS teacher, Mr. Cody Burton, received some active seats and activity tables to improve the health and concentration of his students.

Awesome job!



DeKalb Middle School has launched a 10-week employee fitness challenge!



Each week, the participants receive a point for each pound they lose, each quart of water they drink, and each hour they exercise. They can also receive extra points for healthy recipes they turn in to the team leader, Ms. Joannie Williams, who will then compile all the recipes to make a cookbook for employees. CSH supplies incentive items each week for the top performer!

