

Title of Session: K-3+ Resources - Phys Ed and Tech

Moderator: Susan Roseman

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SusanR: while we wait for late arrivals

SusanR: take a look at this from newsweek

SusanR: <http://www.sharpbrains.com/blog/2007/03/18/exercise-and-the-brain-in-newsweek/>

CynthiaCe: wow, that's impressive, more brain cells

CynthiaCe: very interesting

SusanR: working out is good for the body and it also makes us smarter

SusanR: should do the same for kids

CynthiaCe: also a very good stress reliever

LillianL: its amazing how well a person feels after working out

SusanR: I am the facilitator and moderator this evening

SusanR: I teach K to 8 and am from Ontario, Canada

KeikoS: I am Keiko Schneider, I teach Japanese in Texas.

KeikoS bows properly

KeikoS: helpdesk for today

JohannaRi: my name is Johanna Rivas, currently a student teacher at the University of Houston

LillianL: I am Lillian and I am a student teacher in Houston

CynthiaCe: Well, my name is Cynthia and I am from Houston. I am currently doing my student teaching in 4th grade.

DavidWe: I'm David Weksler. I'm a HelpDesk volunteers (like Bj, Keiko, Susan) and I

lead a math education discussion in Tapped In - I'm in New Jersey, close to New York City

SusanR: I have 15 GREAT resources for you this evening and a virtual handout

KeikoS claps for Susan's offer

SusanR: what are your challenges when teaching phys ed

JohannaRi: maybe integrating it with the rest of the subjects??

SusanR nods

LillianL: that can be a difficult task

CynthiaCe: I agree with Johanna because the students do not have enough PE with all the testing

CynthiaCe: so it would be great to integrate it with the other subjects

JohannaRi: yes and many times it is sacrificed

SusanR: We can make Phys Ed a PEAK EXPERIENCE for kids through ongoing collaboration and sharing of experiences!

SusanR: Of all subject areas taught in school, "Physical Education is the only subject which, by the very nature of its content, has the potential to affect how a person will feel every moment of every day for the rest of his or her life."

JohannaRi: which is a shame since we already discussed some of the benefits from exercise

KeikoS nods profoundly

CynthiaCe: this is why I found this discussion so interesting

SusanR: Resources presented tonight can also use physical activity to teach academic content.

CynthiaCe: PE is so important, but schools don't do not seem to think it is as important as the tests

LillianL: and its also sad to see that children get punished and are not allowed to participate in pe

JohannaRi: or recess

LillianL nods

SusanR: I gleaned these from a workshop given here in our local school board

SusanR: you may find these resources handy

SusanR: [http://www.scribd.com/doc/12005/Active- Schools-Workshop](http://www.scribd.com/doc/12005/Active-Schools-Workshop)

CynthiaCe: thanks

JohannaRi: would you like us to try to look at this now or go back to it later

SusanR: just glance at it..

JohannaRi nods

SusanR: use the scroll bars

JoanneTN: Wow what great comments. I teach computers to K-8 and have already taught my Kinder students to do stretches before we start on the keyboard typing. thanks for the resources.

SusanR: the url will be in your transcript

SusanR: 14 pages of resources

LillianL: awesome!!

JohannaRi: wow

JoanneTN: Wow again..

CynthiaCe: very interesting

SusanR: these resources integrate with Social Studies and history

SusanR: [http://www.scribd.com/doc/18933/Knights- Castles-and-Cavaliers](http://www.scribd.com/doc/18933/Knights-Castles-and-Cavaliers)

CynthiaCe: my fourth grade students would love this

CynthiaCe: it gets them moving

SusanR: and the last one gleaned from our school conference
<http://www.scribd.com/doc/10114/Gym-Games>

SusanR: lots of chatter about outdoor games because of the warmer weather

CynthiaCe: this sound really nice and I love how we can integrate other subjects

SusanR: these games were suggested by our teachers

SusanR: tried and tested

SusanR: <http://www.scribd.com/doc/10114/Gym-Games>

PriscilaT: thanks

LillianL: and I'm sure that kids really enjoy them too!

PriscilaT: thank you Susan

SusanR: keep these filed away ..

SusanR: the links will be in your transcript

JohannaRi: Yes, they would love it

SusanR: let's take a look at BAM!

LillianL: what is a DPA located in the musical hoolahoops

PriscilaT: ok

SusanR: not sure Lillian what a DPA is..

JohannaRi: I think Direct Physical

SusanR: some type of warm up

SusanR: Direct Physical Activity

LillianL: oh, thanks!

LillianL: where is BAM

SusanR: and now for BAM!

SusanR: A terrific site for kids, Bam is a colourful, funky source of health and fitness. Children can learn how to pack power lunches, make their own fitness activity calendars and cards and try the Stress-o-mmeter. They can also share Bragging Rights with other kids regarding fitness projects they are involved in.

LillianL: interesting!

SusanR: <http://www.bam.gov/>

SusanR: Lots here

CynthiaCe: interesting, students really need more things like this

LillianL agrees

SusanR: could have groups investigate and report on each of the areas here

SusanR: I did try out the Activity calendar

SusanR: very kid friendly

JohannaRi: wow, very nice

CynthiaCe: could make this into a science/health lesson

PriscilaT: very cool

PriscilaT: yes

LillianL: absolutely

SusanR: very current..deals with the west Nile virus

SusanR: a good one for research

JohannaRi: the calendar is something anyone could use

LillianL: I like the tips in the "your safety" tab

SusanR: along the same lines is Kidnetic

LillianL: and ideas for healthy snacks is a plus too

CynthiaCe: I agree, and what I like about this is that it teaches them about making exercise as a part of their living, a way of life, not something that they are forced to do, but something they can enjoy

SusanR: if you missed any of the links they will be in the handout at the end of the session

PriscilaT: ok great

SusanR exactly, Cynthia

SusanR: This next site has lots of Flash combined with solid fun, broken into categories like Move, Eat, Talk, Learn. Kids can send a fitness dare to friends via e-mail, create their own computer generated dance moves or take the fitness challenge, which has them doing pushups or racing to the washroom and back.

SusanR: similar to BAM!

KeikoS is ready for pushups

SusanR: It is called Kidnetic

SusanR: <http://www.kidnetic.com/>

SusanR: student centred

PriscilaT: wow

PriscilaT: cool this is nice

LillianL: good resources

PriscilaT: very helpful

CynthiaCe: the emailing is something that kids would really enjoy, they love computers

CynthiaCe: great way to get them to do some exercise

PriscilaT: yes they find it less boring

SusanR: divide your class into teams..they could report on various aspects of the site as well

SusanR: some great recipes here too

CynthiaCe: nowadays we hear lots of people saying that kids spend too much time on the computer, this is such a great idea to get them to do PA and it involves computers

PriscilaT: cool

SusanR: <http://www.kidnetic.com/> ..a great student centred site

JohannaRi: wow even recipes

JohannaRi: I love that it has videos

CynthiaCe: excellent website!!!

LillianL: kids would really enjoy creating their own dance moves!

JohannaRi: interactive is a plus

PriscilaT: yes

SusanR: At this time of year kids could create their own games..demo them to younger students

LillianL: oh, that's nice

CynthiaCe: good idea

SusanR: This next site integrates well with LA and other subject areas!

SusanR: Using a combination of three or four pieces of game/athletic equipment, pairs of students "exercise" creativity by inventing fun new games.

SusanR: from Education World

KeikoS . o O (always more fun with partners)

SusanR: http://www.educationworld.com/a_lesson/02/lp266-05.shtml

SusanR: more resources at the bottom of the page

SusanR: "Fitness Fun"

LillianL: and it follows the national standards too! that's always a plus

SusanR: "Resources, Lessons, and Activities for Physical Education for more resources."

PriscilaT: oh ok

LillianL: everything is already laid out, very convenient and easy to use

CynthiaCe: the H2O to go sounds like a great lesson to teach students about measurement

SusanR: yes indeed, Cynthia

SusanR: Integrates with Math! A sponge relay race offers a cool challenge and a fun way to teach math (measurement) skills.

CynthiaCe: right, sounds like such fun and it is engaging, gets them moving

PriscilaT: its active

LillianL: I really like the computers and phys ed do the mix article!

LillianL: it integrates pe with math - spreadsheets and making graphs!

JohannaRi: Ohh in the resourses, lesson, and activities for physical education

SusanR: any questions, comments or sharing of ideas

LillianL: very helpful resources!

CynthiaCe: thank you for all the resources

CynthiaCe: didn't know all of these were out there

LillianL: neither did I

SusanR: a few hours of searching will bring these up

JohannaRi agrees with Lillian

LillianL: WOW, who would have thought?.....not me

SusanR: next one is Harlem Street Games

SusanR: ..cross curricular ~ may find it useful for Black History Month.

SusanR: <http://artsedge.kennedy-center.org/content/2249/>

CynthiaCe: this sounds like a great way to learn about other cultures too

SusanR: there is a strong emphasis on Dance

CynthiaCe: you could research different games played in different countries

SusanR nods

SusanR: lots of creativity here

JohannaRi: Yes, very creative

PriscilaT: yes

SusanR: Another resource for teaching creative and elementary dances. Why not have each student or group of students research a dance and teach the dance, Also older students can teach the younger ones.

PriscilaT: After all this I think everybody agrees

SusanR: speaking of creative dance
http://www.drwoolard.com/dances_elementary/index.htm

PriscilaT: wow there is more

CynthiaCe: street rhyme and jump rope chant is a great way to get them to write (integrate LA)

KeikoS smiles

PriscilaT: yes

JohannaRi: Yes

LillianL agrees

DavidWe wonders if he can add something to Susan's growing list of web sites

SusanR listens

JohannaRi: and again also culture like the macarena

DavidWe . o O (Math and Dance)

DavidWe: <http://www.mathdance.org/>

LillianL: integrating a variety of cultures! NICE!!!

PriscilaT: ok

CynthiaCe: the younger grades love the macarena months

PriscilaT: I agree

LillianL: I really like this site

EmilyW: oh wow, this is neat

DavidWe: I saw a performance by these two men (both dancers, both math teachers)...

DavidWe: . o O (15 years go in Berkeley, California)

CynthiaCe: great ideas

DavidWe: It was called "Two Guys Dancing About Math" - way cool

LillianL: smiles

PriscilaT: yes they are great ideas

LillianL: there are also activity tips to keep kids interested!

JohannaRi: Wow

PriscilaT: I think it motivates them

JohannaRi: which is a challenge in the elementary grade

LillianL: yes, but with music and movement, it is easier to get them interested!

JohannaRi: yes, they love it

CynthiaCe: but if it is engaging, it will make it easier for them to remember and learn

SusanR: Run to Read and Write

<http://www.kidsrunning.com/columns/journaling0922.html>

LillianL: agrees with Cynthia

SusanR: Kids Running - Journaling with Mrs. Goodrow's Class

PriscilaT: wow

SusanR: and I must mention the Everest Expedition

SusanR: brought to you by Coleman

SusanR: Coleman is motivating kids to get outside and recreate more.

JohannaRi: I am just amazed

SusanR: <http://colemaneverest.pecentral.org/>

JohannaRi: do we need to register?

SusanR: This can be a total school project if you wish

SusanR: <http://colemaneverest.pecentral.org/preview.asp>

SusanR: It is only a 30-day hike, so the site will come down on May 11, 2007.

SusanR: <http://colemaneverest.pecentral.org/Registration/main.asp>

SusanR: limited to the U.S. only

JohannaRi: this could be a fun class activity including the student's family

LillianL: nods

SusanR: most sites mentioned this evening can be found in this handout

LillianL: but if not, they will be on the transcript, right?

SusanR: yes Lillian

JohannaRi: Yes

SusanR: <http://tinyurl.com/2wxscq>

CynthiaCe: thanks for the handout

SusanR: any suggestions for future topics

LillianL: thanks, very helpful. I like the fact that it gives a brief summary as to what each site is

LillianL: about

KeikoS: I would like to thank Susan for the FABULOUS session

KeikoS: claps loudly and bows

CynthiaCe: yes, thank you for all the resources

SusanR: bows to Keiko

LillianL: Thanks for all of the useful resources!

SusanR: Thanks all. Hope to see you next month

