



**ACTION BASED
LEARNING
CERTIFIED
WORKSHOP**



GOOD MORNING

Introduce yourself to your table mates for the day and fill out your name tent

MOTIVAT OR	POSITION ON
NAME	
SCHO OL	FUNNY TEACHING STORY



mingle

mingle

mingle

YOUR "FAB" PRESENTERS





JEAN MOIZE





JEAN MOIZE

Action Based Learning Founder

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JEAN'S STORY





JEAN'S STORY



With Bill Moize



Bill with Mrs. Moize



LESLIE DERVITER

ACTION BASED LEARNING

MASTER TRAINER

ALIEF ISD ABL

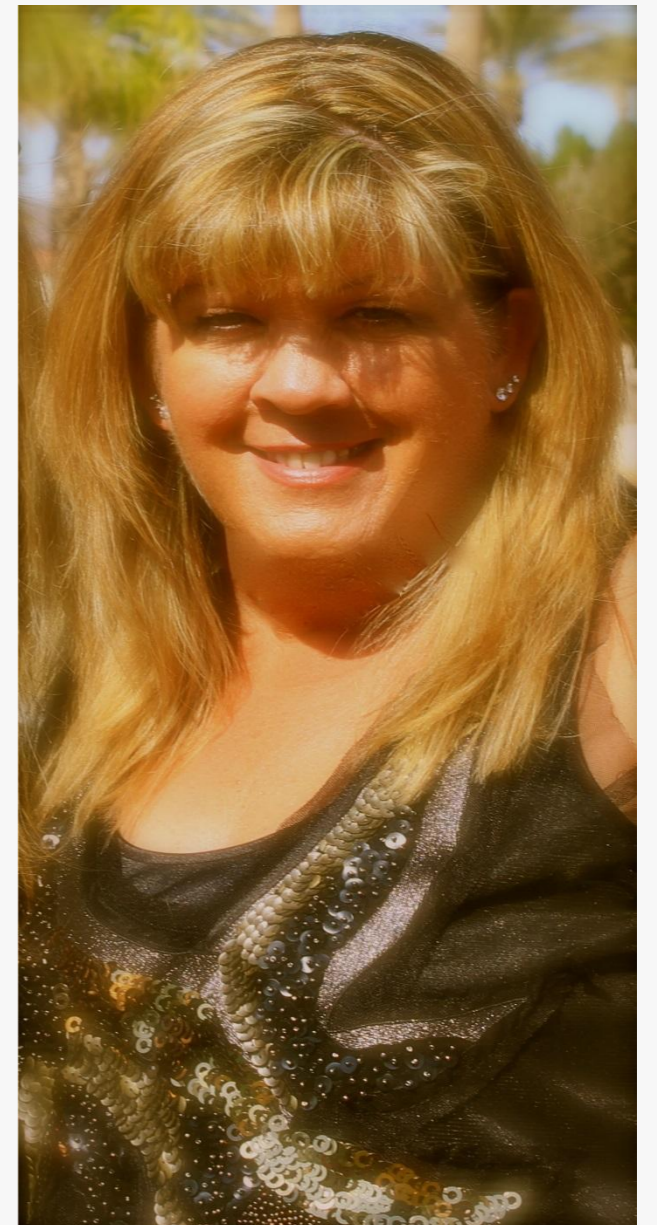
INTERVENTIONIST

KIDSFIT CONSULTANT

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@ABL KIDSEIT @DERVITER





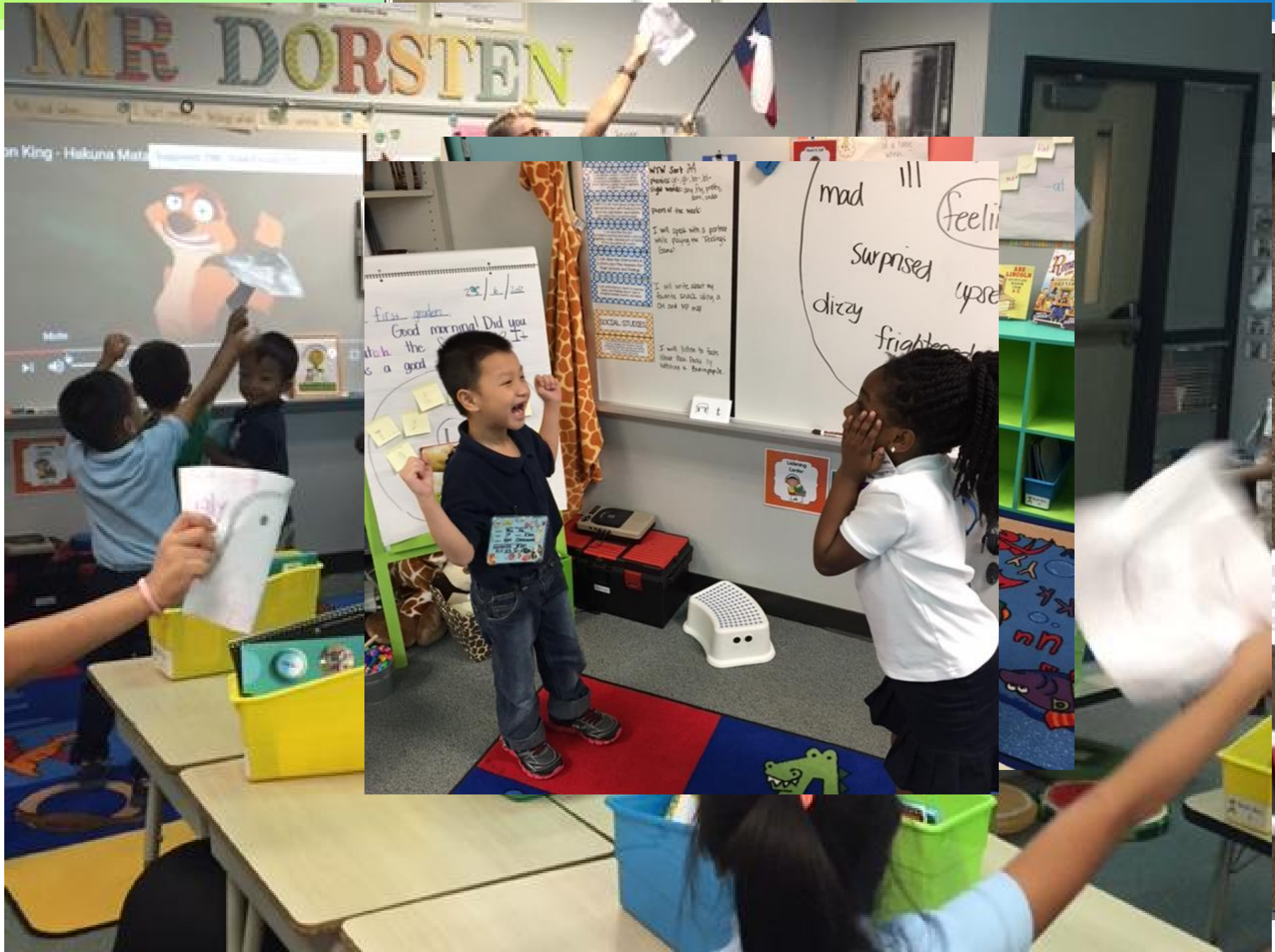
LESLIE'S STORY





What is Action Based Learning?

- Definition
- What it could look like?





AFTER EACH ACTIVITY

- WE WILL celebrate!
- WE WILL TALK ABOUT WHAT JUST HAPPENED IN OUR BRAIN (BRAIN LINK)
- WE WILL TALK ABOUT THE TYPE OF MOVEMENT
- WE WILL PROCESS WHAT THIS LOOKS LIKE IN YOUR CLASSROOM

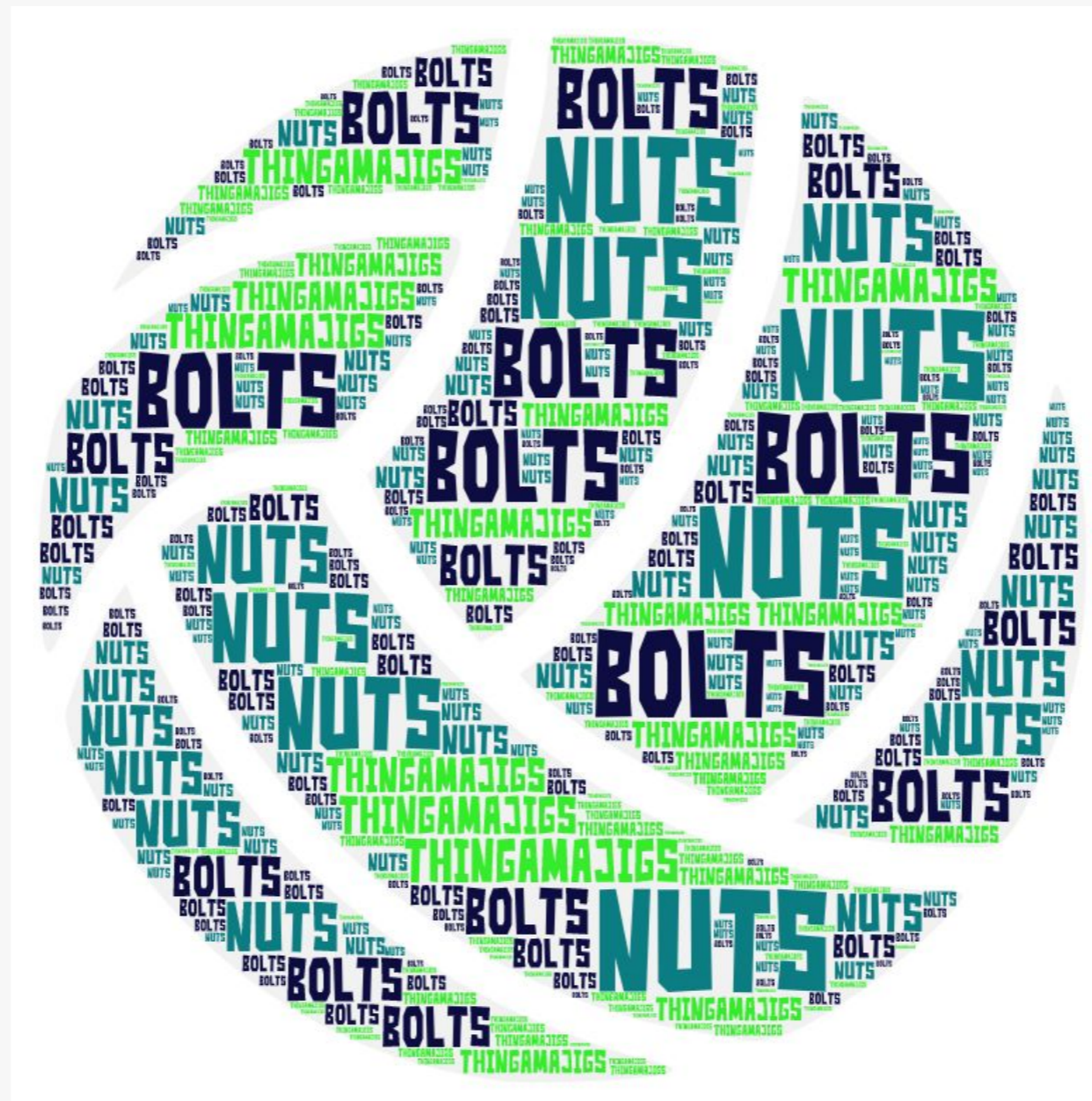


AGENDA FOR NEXT 3 DAYS

- brain science in terms you can use with students
- classroom relevancy - what just happened in your body and brain and why it is important/relevant to the classroom
- strategies to use in classroom
- activities tied to curriculum
- brain boosters/energizers
- classroom management
- building relationships/class cohesion



NUTS + BOLTS





ACCESS TO ABL INFO

www.youthfit.com/ablfamily

Password:
ABL2017ABL



PASS IT ON

LET'S GET MOVING!!

- WE WILL BE MOVING FOR ABOUT 3 1/2 MINUTES
- WHEN YOU ARE DONE - PLEASE PASS IT ON!
- IF YOU DON'T KNOW WHAT TO DO - PASS IT ON!
- WATCH OTHER GROUPS FOR IDEAS!!!





CELEBRATE + PROCESS

FIREWORKS



PROCESS





BE AN OBSERVER TODAY

- **LOOK** OBSERVE NOTICE DETAILS
- **LISTEN** FOR LANGUAGE, DIRECTIONS
- **LEARN** BY DOING AND EXPERIENCING THE LESSON
- **LINK** IT TO BRAIN CONCEPTS
- **LIST** IT IN YOUR COLLECTION OF LESSONS/ACTIVITIES

SYMBOLS FOR SUCCESS



THINK AND OBSERVE -
GOOD IDEA!!



ACTIVITY
TIME!!



BRAIN
SCIENCE!!

BRAIN DUMP!!



WRITE DOWN

ACTIVITIES

HOW CAN YOU USE

IT

CELEBRATI

ONS

PROCESSING
TIME!!





TYPES OF MOVEMENT

- **ENERGIZER**
- **TRANSITION**
- **ACADEMIC REINFORCEMENT**
- **REVIEW**
- **ASSESSMENT**
- **NOVELTY**
- **PEER COOPERATION**
- **FITNESS**

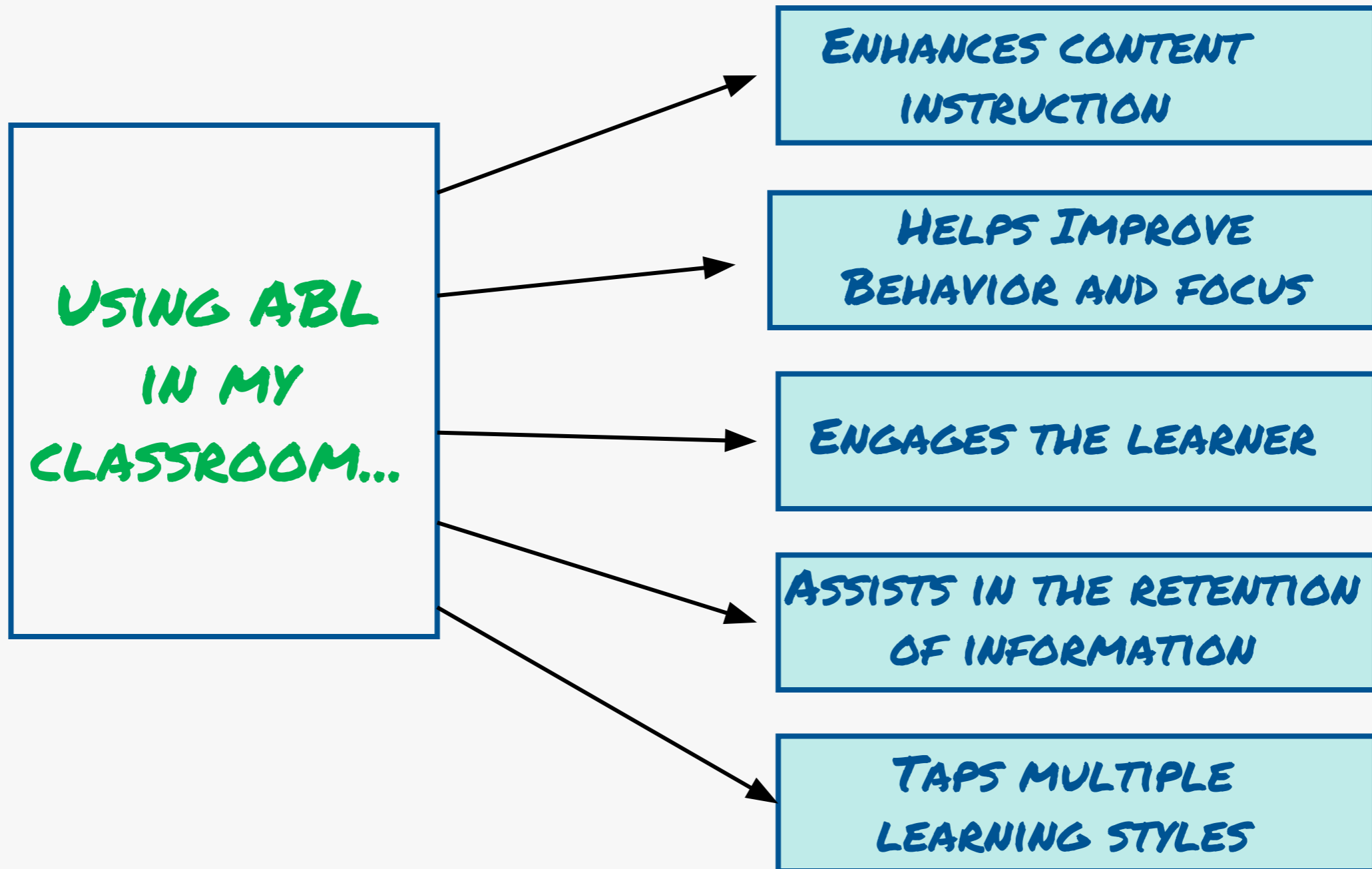


BRAIN LINKS

WHY?

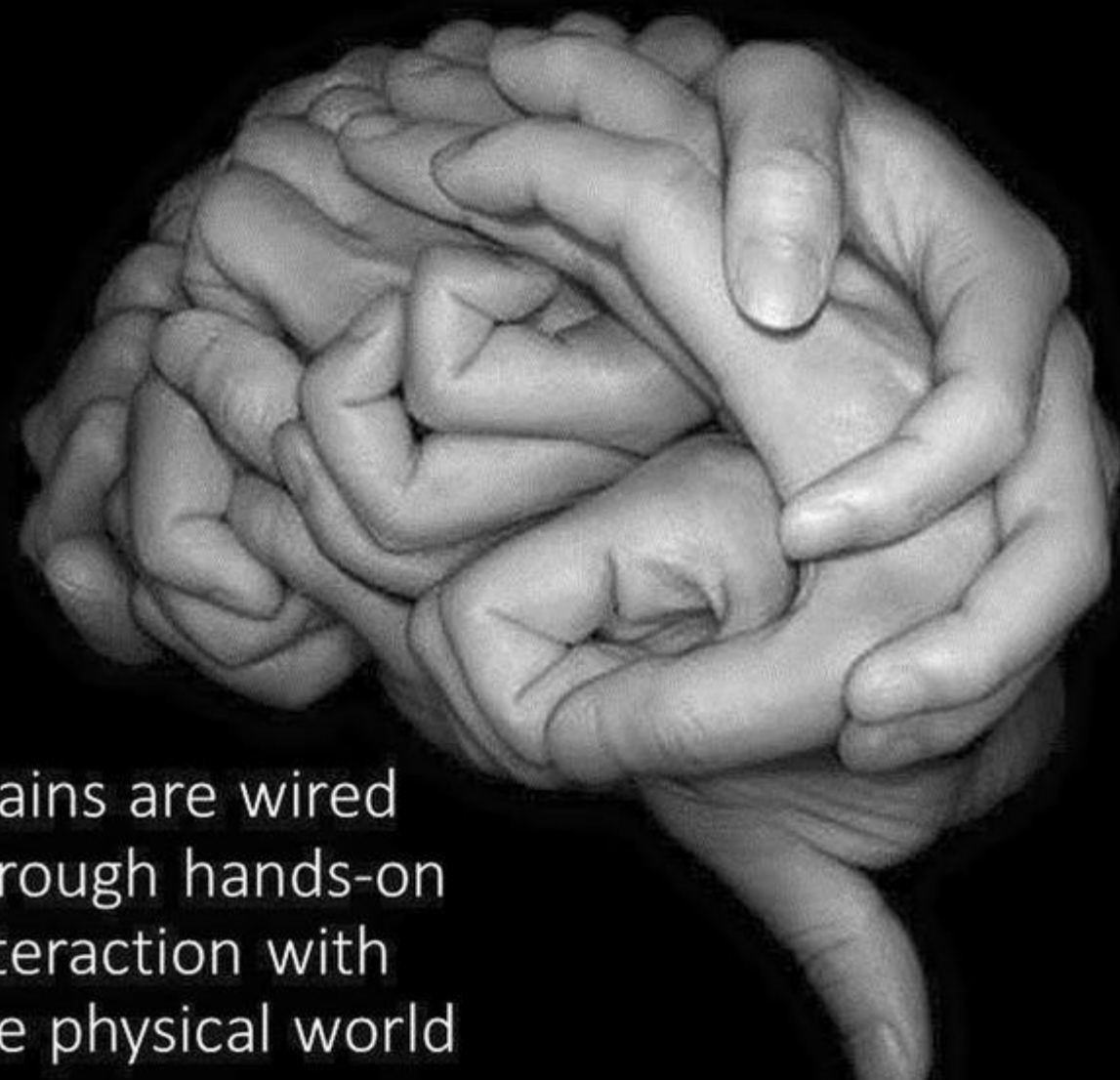


THE BENEFITS OF ABL



Classroom Relevance for Movement

We Learn By Doing



Brains are wired
through hands-on
interaction with
the physical world



10 Key Components of ABL

- **Cross Lateralization**
- **Locomotor Movements**
- **Strength & Endurance (with Flexibility)**
- **Balance**
- **Visual Tracking**
- **Cardio**
- **Fine & Gross Motor Skills with Manipulatives**
- **Mindfulness & Problem Solving**
- **Rhythm & Beat Competency**
- **Nutrition**



CROSS LATERALIZATION



OVER AN



ROCKIN TURTLE SHELL



OBSTACLE

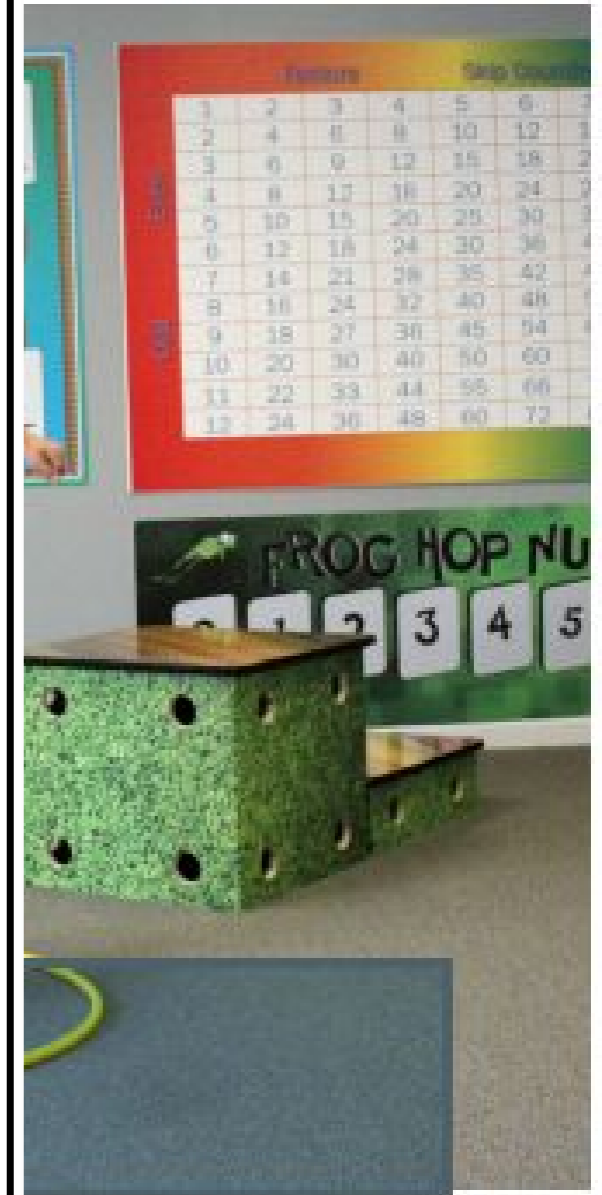
LOCOMOTOR MOVEMENTS



ANIMAL R



PLATFORM STEPS



BOX JUMP



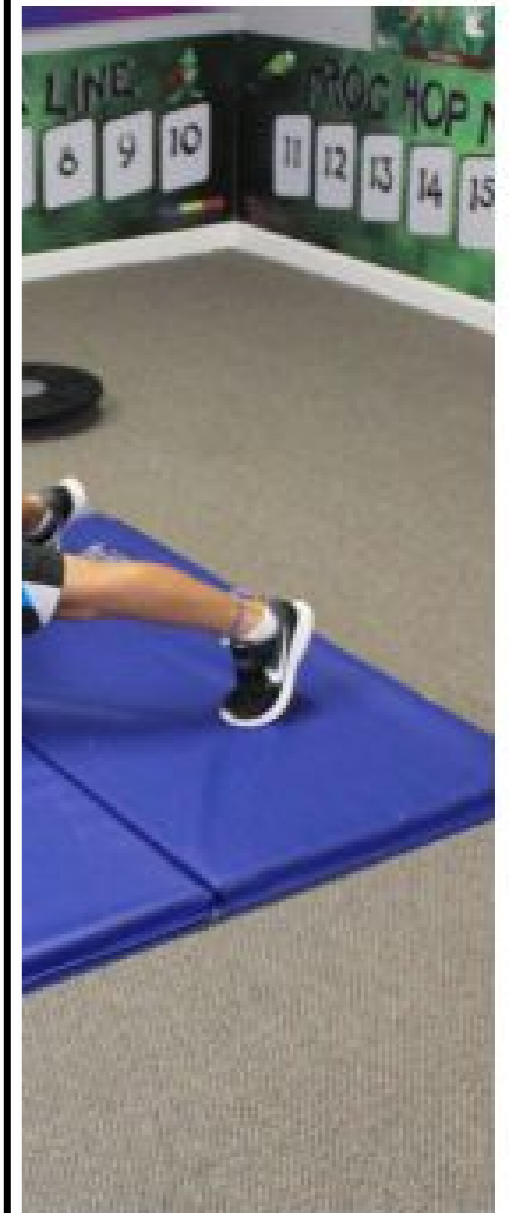
STRENGTH + ENDURANCE



STEP-UP V



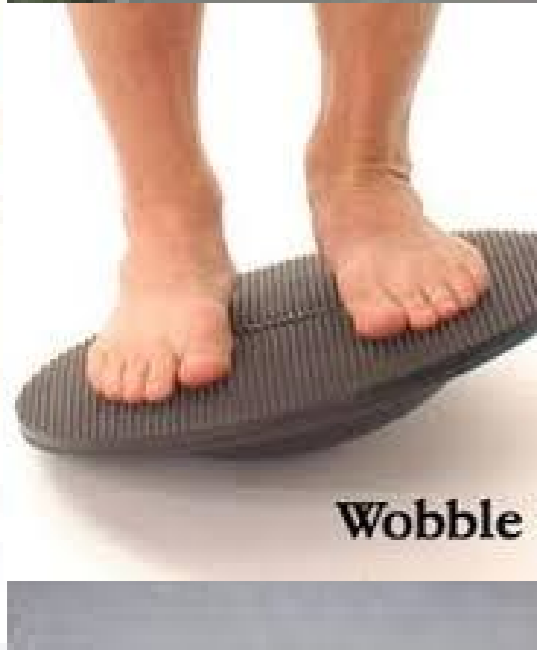
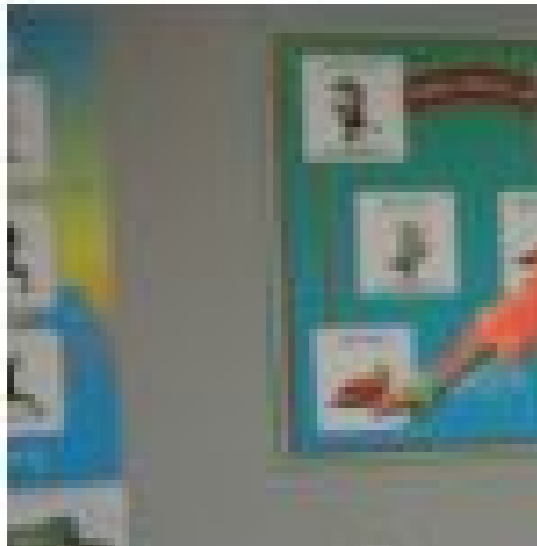
DIPPY-DOOS WITH VEGGIE BOX



DIPPY-DOOS ON THE FLOOR



BALANCE



Wobble

BALAN



ABL LEARNING LADDER



WHALER BOARD

WHALER BOARD



VISUAL TRACKING



ABL PATHWAYS MAT

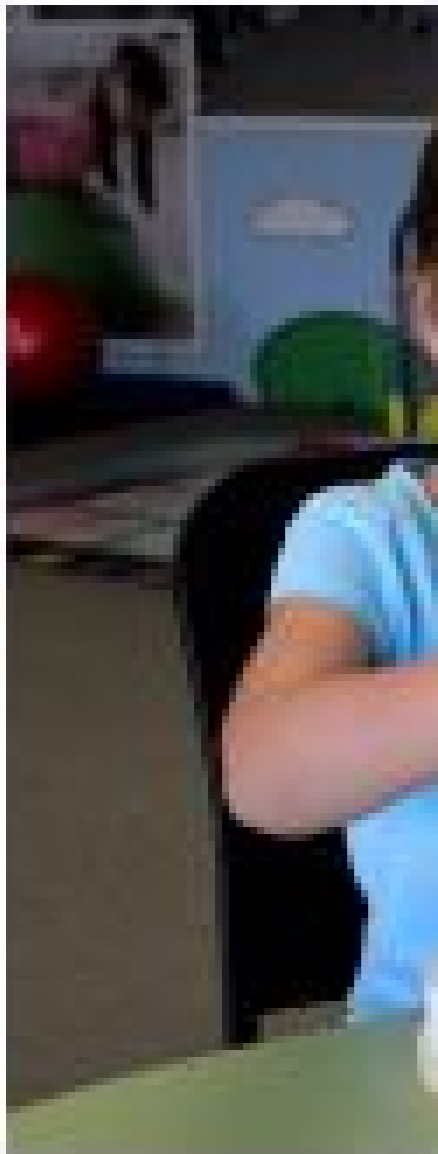


RHYTHM + BEAT COMPETENCY



CARDIO DRUMS

FINE/GROSS MOTOR SKILLS W/ MANIPULATIVES



SH



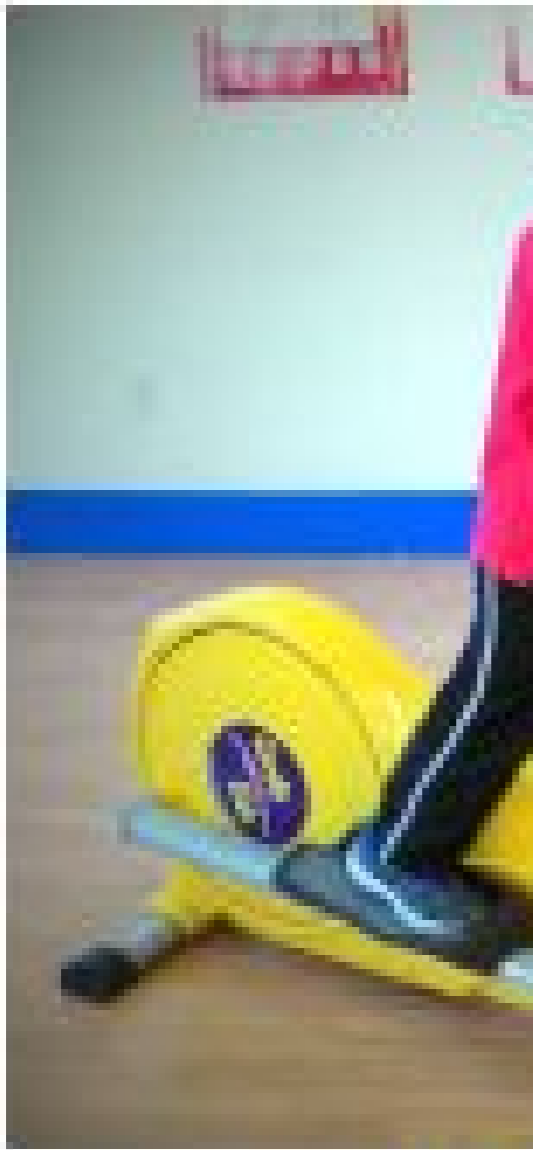
REEF RESCUE



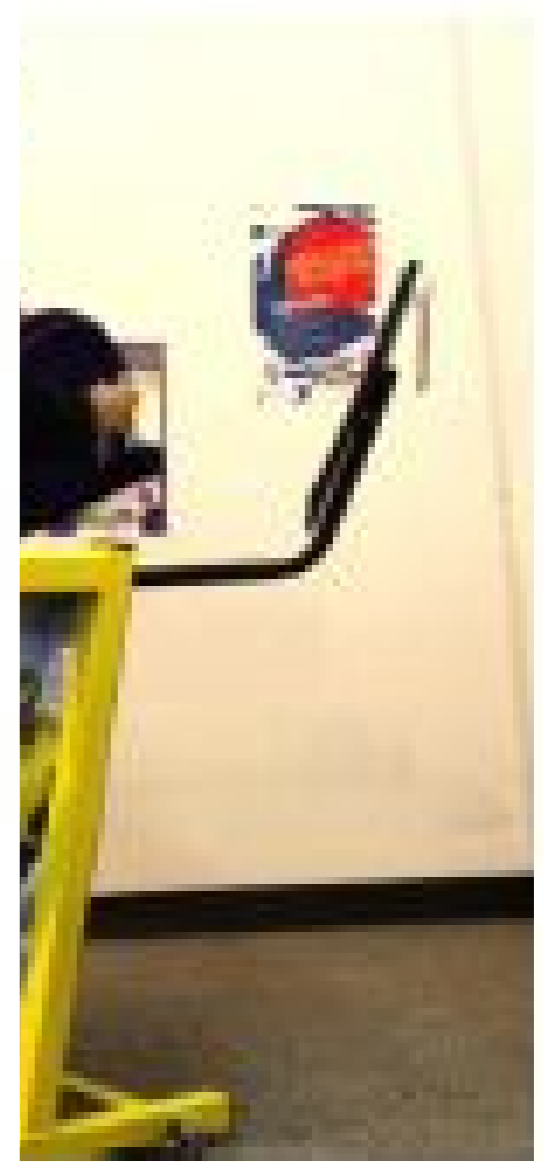
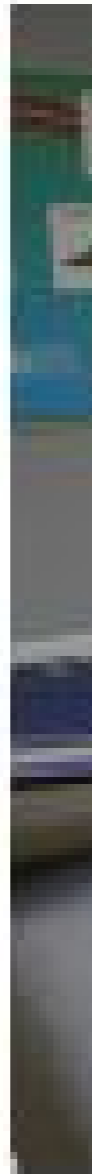
COLOR SORTING



CARDIO

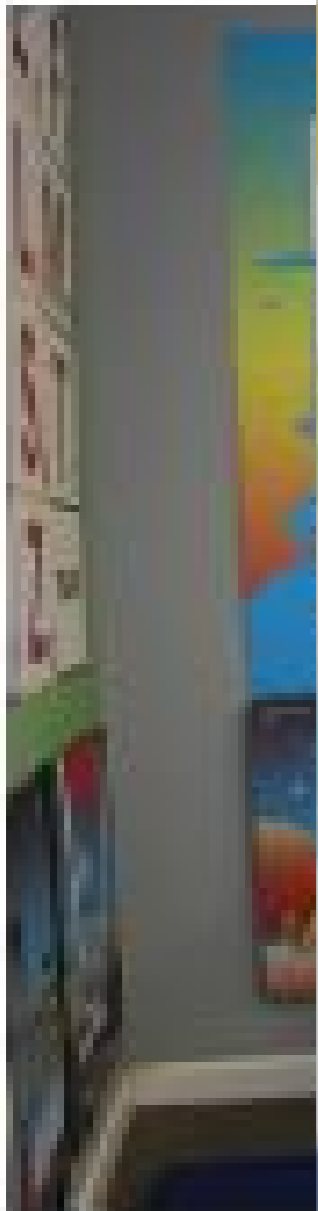
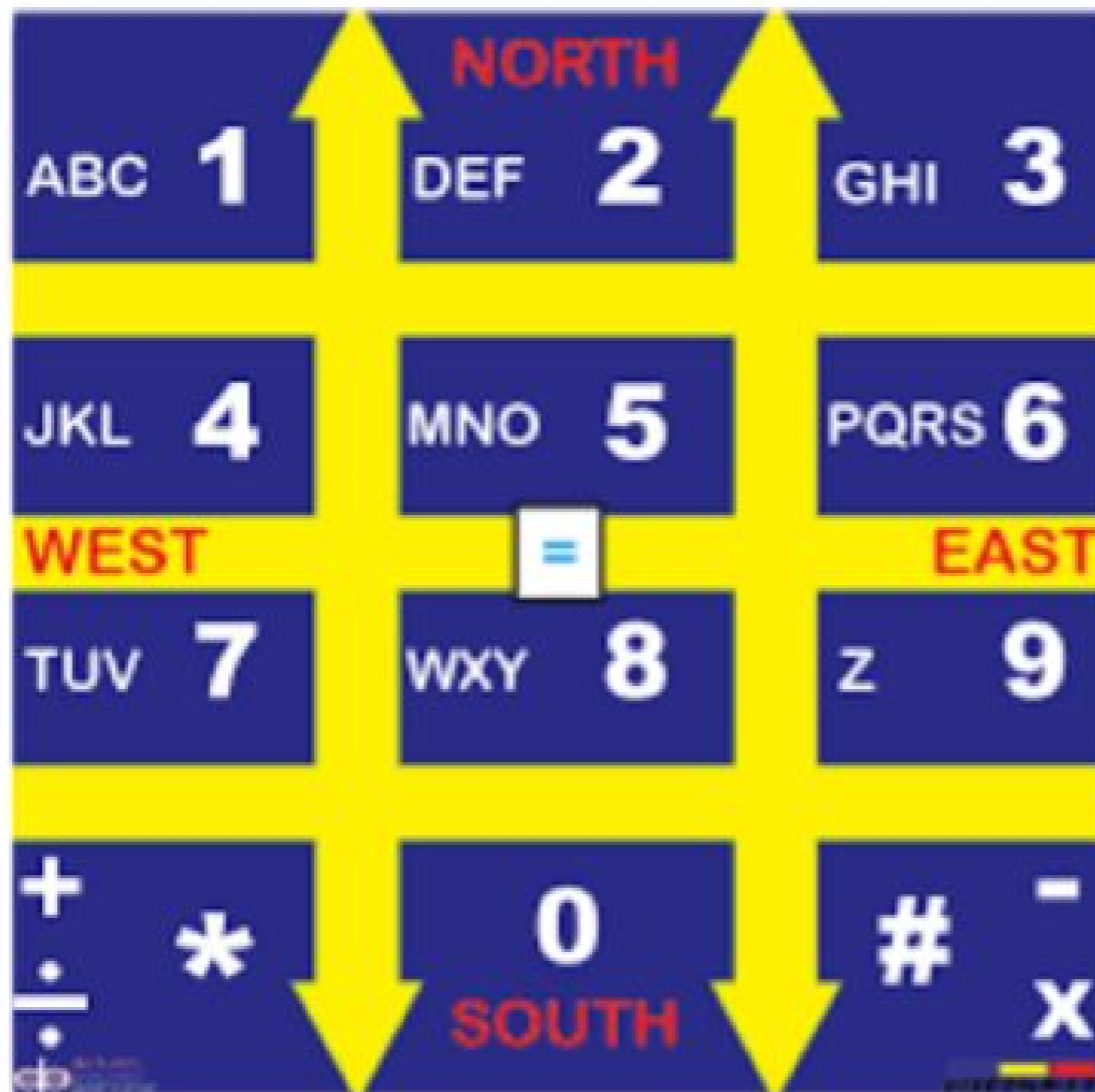


SS E



IER

MINDFULNESS + PROBLEM SOLVING



TBEAT



NUTRITION

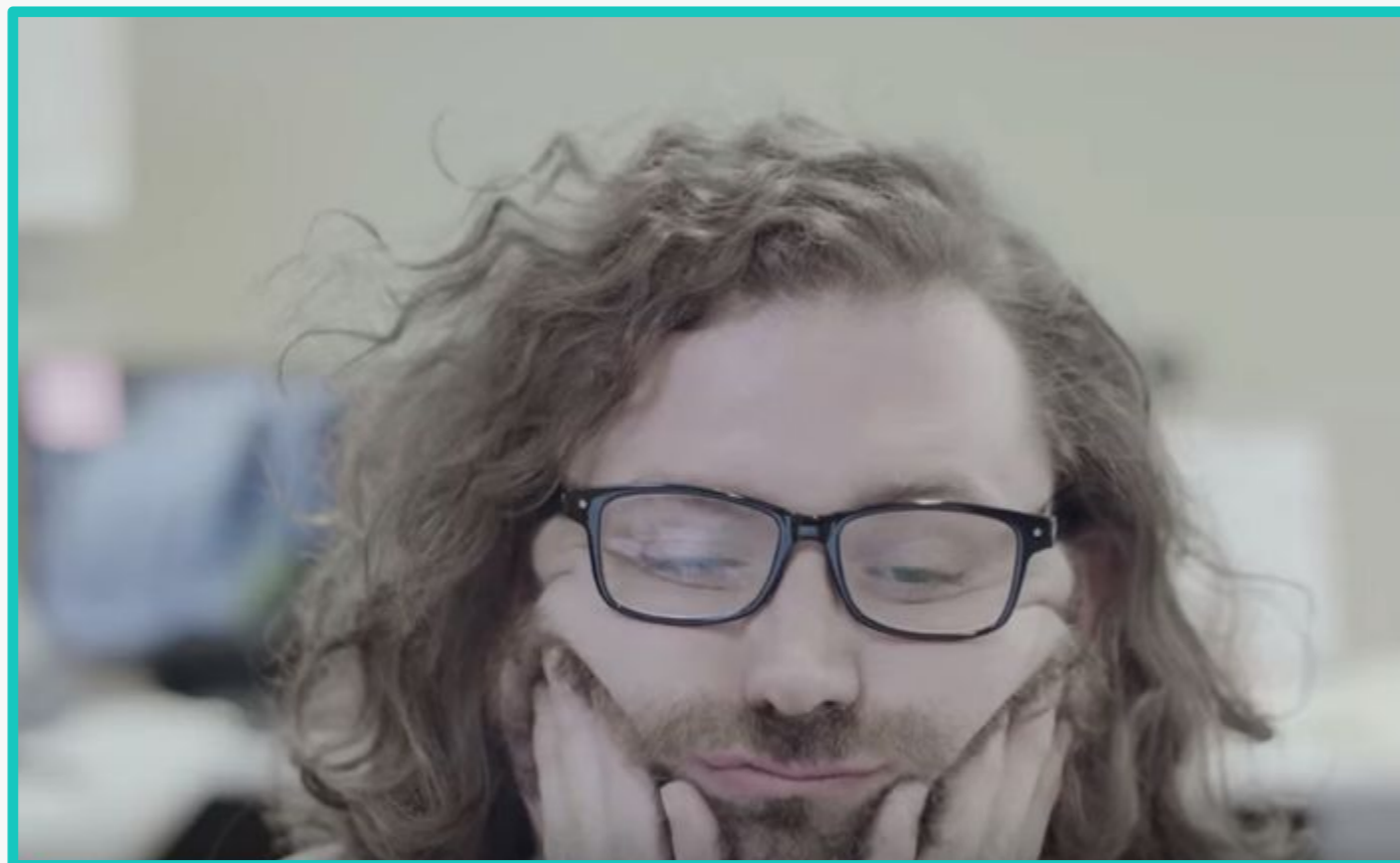


VEGGIE HEROES CLIMBING WALL



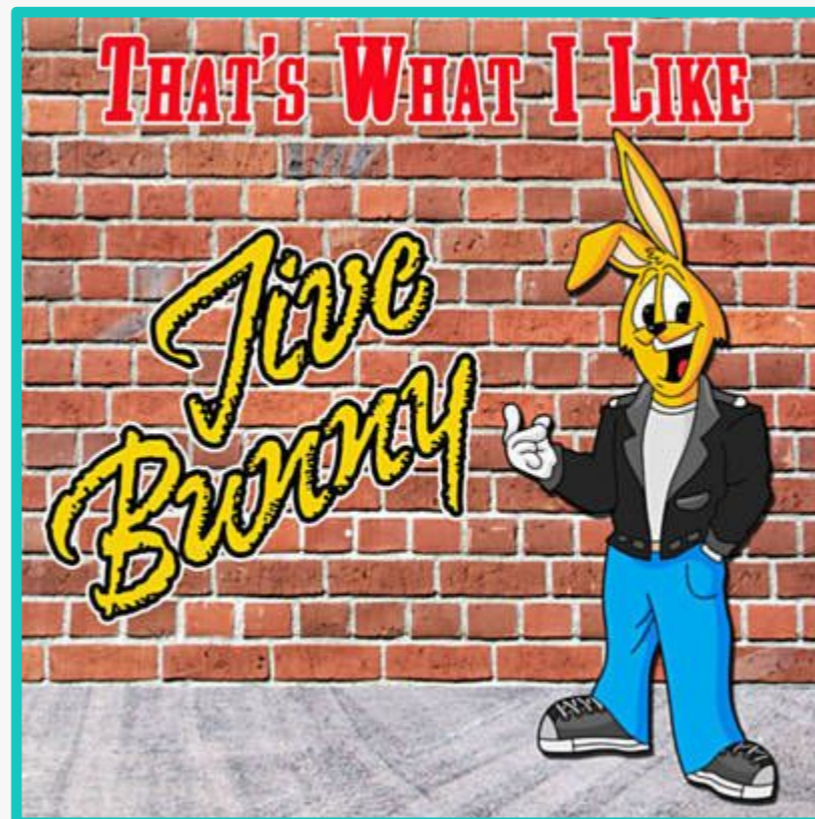
WE ALL NEED THIS!!!

LET'S MOVE! ACTIVE SCHOOLS



SO LET'S ALL GET UP
AND MOVE!

SEATWORK





CELEBRATE + PROCESS

HVA

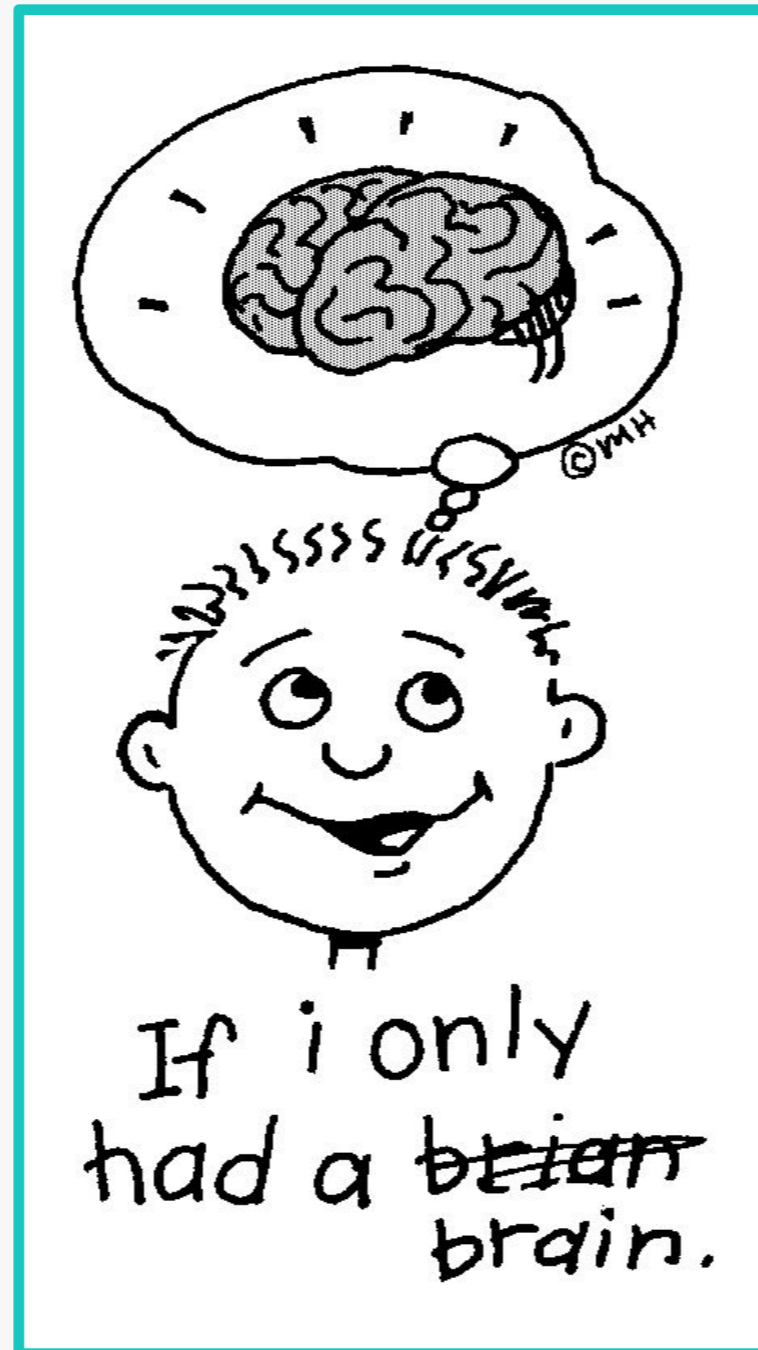


PROCESS





BRAIN SCIENCE



TRANSLATING NEUROSCIENCE INTO CLASSROOM PRACTICE

BRAIN BASED

- BASED ON COGNITIVE NEUROSCIENCE
- BRAIN AS PATTERN SEEKER
- EXERCISE GROWS BRAIN CELLS
- EXERCISE BOOSTS BRAIN FUNCTION
- MOVEMENT FACILITATES COGNITION

BRAIN COMPATIBLE

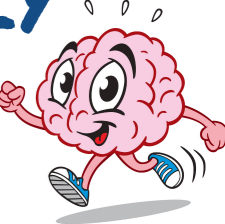
- STRATEGIES AND LESSON APPLY THE PRINCIPALS OF NEUROSCIENCE
- HOW BRAIN LEARNS
- REMEMBERS
- RETAINS INFORMATION
- MATCHES LEARNING STYLES

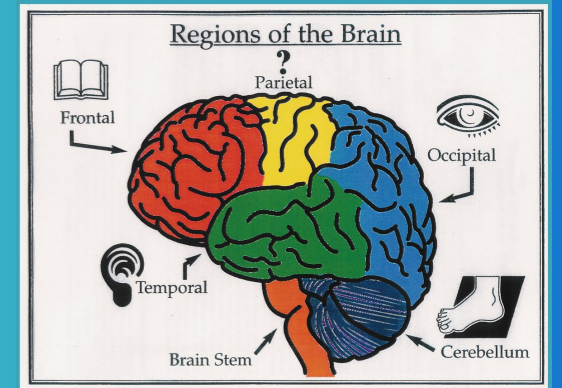
ABLE IS BOTH!



BRAIN RESEARCH THAT SUPPORTS ABL

- EXERCISE GROWS BRAIN CELLS
- MOVEMENT FACILITATES COGNITION
- EXERCISE BOOSTS BRAIN FUNCTION
- EXERCISE CREATES BDNF THE MIRACLE-GRO FOR THE BRAIN
- WHAT MAKES US MOVE IS ALSO WHAT MAKES US THINK
- HEALTHY ACTIVE KIDS MAKE BETTER LEARNERS
- EXERCISE PUTS THE BRAIN AND BODY BACK INTO BALANCE TO IMPROVE MOOD AND BEHAVIOR
- EXERCISE BENEFITS THE BRAIN FIRST
- WE ARE MADE TO MOVE
- PLAY DEVELOPS THE EARLY BRAIN





BRAIN ANATOMY



NEURONS





REGIONS OF THE BRAIN





WORD OLYMPICS

THIS ACTIVITY IS VERY VERSATILE AND CAN BE USED IN ANY SUBJECT AT ANY GRADE LEVEL.

BASIC PREMISE

- **HAVE 3 GROUPS - THE WORD, THE DEFINITION/MEANING, A PICTURE OR WHERE IT CAN BE FOUND IN TEXT**





CELEBRATE + PROCESS

JELLYFISH
KNUCKLE BUMP

PROCESS

BRAIN DUMP





Good Morning

Partner High 5

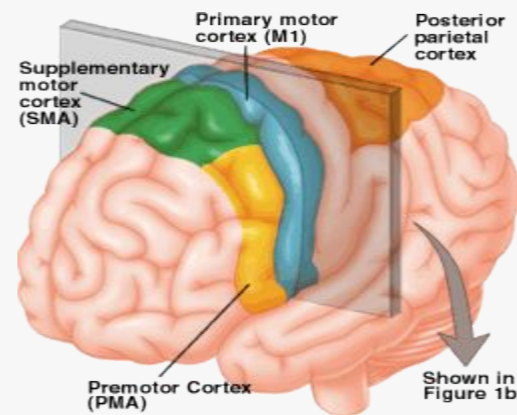




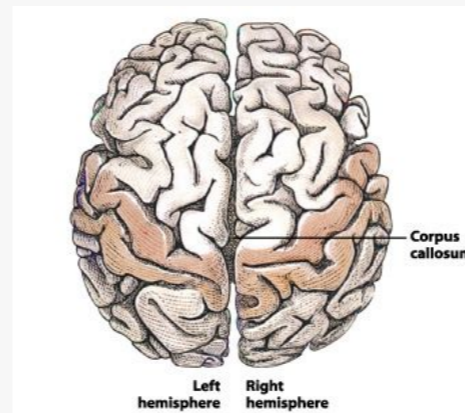
Questions, Comments, Clarifications

MIDLINES IN YOUR BODY AND BRAIN

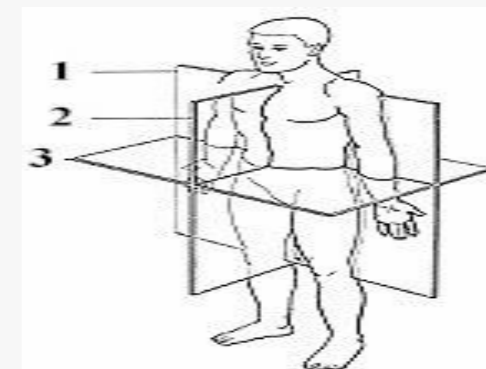
- **MOTOR CORTEX**



- **CORPUS CALLOSUM**



- **CORRESPONDING BODY MIDLINES**





THIS IS YOUR BRAIN...

INFORMATION FLOWS:

- SIDE TO SIDE
- BACK AND FORTH
- UP AND DOWN



THE 3 BASIC MOTOR MOVEMENTS

- CRAWLING/WALKING
- JUMPING
- ROLLING



MOVEMENT THAT CROSSES MIDLINES

CROSSING THE MIDLINE OF THE BRAIN AND BODY AID IN THE COORDINATION OF MOVEMENT AND THOUGHTS BY ORGANIZING, INTEGRATING AND ENERGIZING THE BRAIN'S HEMISPHERES.

- CROSS CRAWLS, NOSE EAR SWITCH, ELBOW KNEE ALPHABET, BLINK SNAP
- WINDMILLS
- GRAPEVINE
- STRADDLE CROSS
- JUMPING ROPE IS ONE OF THE BEST (BOTH SIDES OF THE BRAIN SYNCHRONIZE WHEN JUMPING)
- JUGGLING
- RIBBONS OR STREAMERS
- HAND CLAP PATTERNS (JUMP IN)



TABATA CROSSING THE MIDLINE

WHAT IS TABATA?

- 4 MINUTE WORKOUT
- GO HARD 20 SECONDS, REST 10 SECONDS
- COMPLETE 8 ROUNDS
- TABATA TIMER





JUMP IN

FOLLOW AND CLAP

**THINK ABOUT THE
DIFFERENT QUADRANTS WE
MOVE TO.**





CELEBRATE + PROCESS

WOW



PROCESS



BRAIN DUMP

**2 MORE WAYS YOU CAN GET KIDS TO
CROSS THE MIDLINE AND GO IN TO ALL 4
QUADRANTS**



PARTNER REVIEW

FIND A PARTNER OR GROUP OF THREE

DISCUSS:

3 INTERESTING THINGS YOU LEARNED

2 A-HA'S

1 QUESTION YOU STILL HAVE

• WALK AND

TALK

• JOG AND

JABBER

• RUN AND RAP

BE READY TO SHARE
WITH THE WHOLE
GROUP!





HOT POTATO REVIEW





CELEBRATE + PROCESS

I THINK YOU...



PROCESS





MEMORY REVIEW

HOW DO WE LEARN?

HOW DO WE PROCESS
INFORMATION?



STAGES OF LEARNING

- ENCODING
- STORAGE
 - SHORT TERM MEMORY
 - ACCESSIBLE MEMORY
 - LONG TERM MEMORY
- RETRIEVAL





MEMORY PATHWAYS

- SEMANTIC - BASED ON NUMBERS, SYMBOLS, LETTERS (5%)
- EPISODIC - GESTURE, LOCATION, SMELL, MUSIC (75%)
- PROCEDURAL - REPETITIVE, (REGIONS OF THE BRAIN) ANCHORED IN MORE THAN ONE WAY (95%)

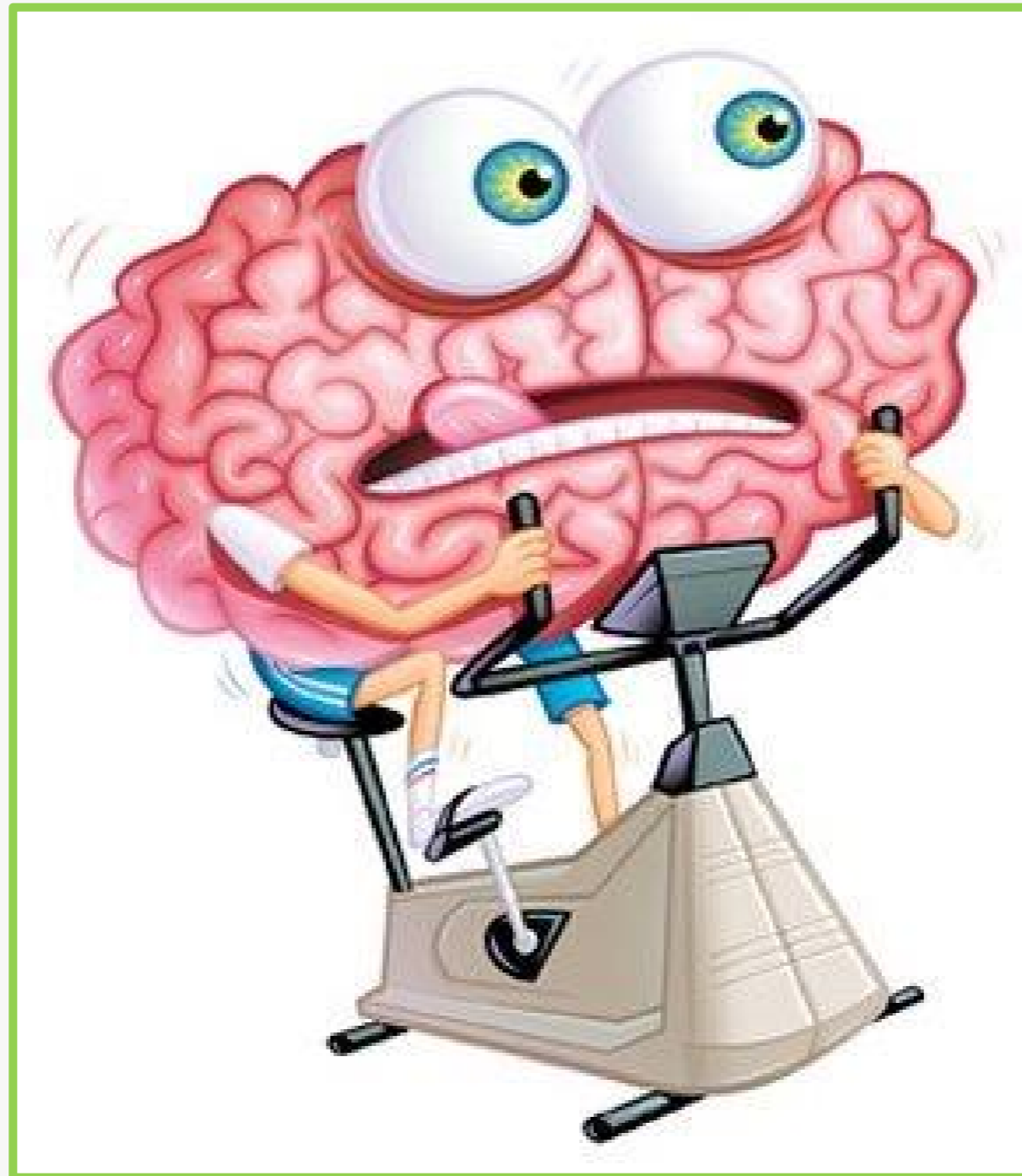


WHAT DO YOUR STUDENTS NEED?

- SEE IT
- HEAR IT
- SAY IT
- DO IT



EXERCISE GROWS BRAIN CELLS





WORD HUNT

**THIS ACTIVITY IS A MORE CHALLENGING
VERSION OF WORD OLYMPICS:**

SAME BASIC PREMISE...

- **HAVE 3 GROUPS - THE WORD,
THE DEFINITION/MEANING, A
PICTURE OR WHERE IT CAN BE
FOUND IN TEXT**
- **BUT SCATTER CARDS INSTEAD OF
GROUPING THEM**





CELEBRATE + PROCESS

ROUND OF APPLAUSE



PROCESS





BRAIN DUMP

1. WITH YOUR TABLE GROUP, COME UP WITH SOME CONTENT SPECIFIC ACTIVITIES YOU COULD DO WITH WORD OLYMPICS.

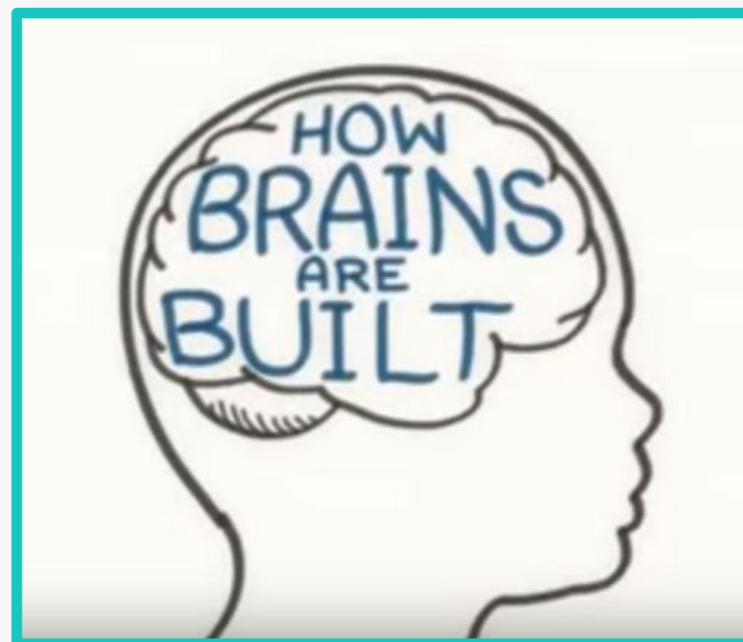


2. GOING AROUND THE TABLES, SHARE OUT ONE ACTIVITY AT A TIME.



WHAT DO YOU THINK ABOUT THIS?

WATCH THE VIDEO CLIP AND THINK ABOUT THE KIDS WE TEACH AND THEIR DEVELOPMENT.
HOW BRAINS ARE BUILT



BUILDING BETTER BRAINS THROUGH MOVEMENT

RESEARCH SHOWS THAT MOVEMENT AND
EXERCISE HELPS:

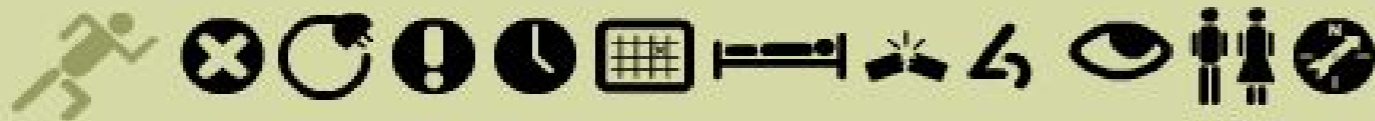
- DEVELOP BETTER EXECUTIVE FUNCTION
(AIR TRAFFIC CONTROL)
- OVERCOME TOXIC STRESS
- BUILD A BRAIN READY FOR LEARNING
- "FIX" BRAINS



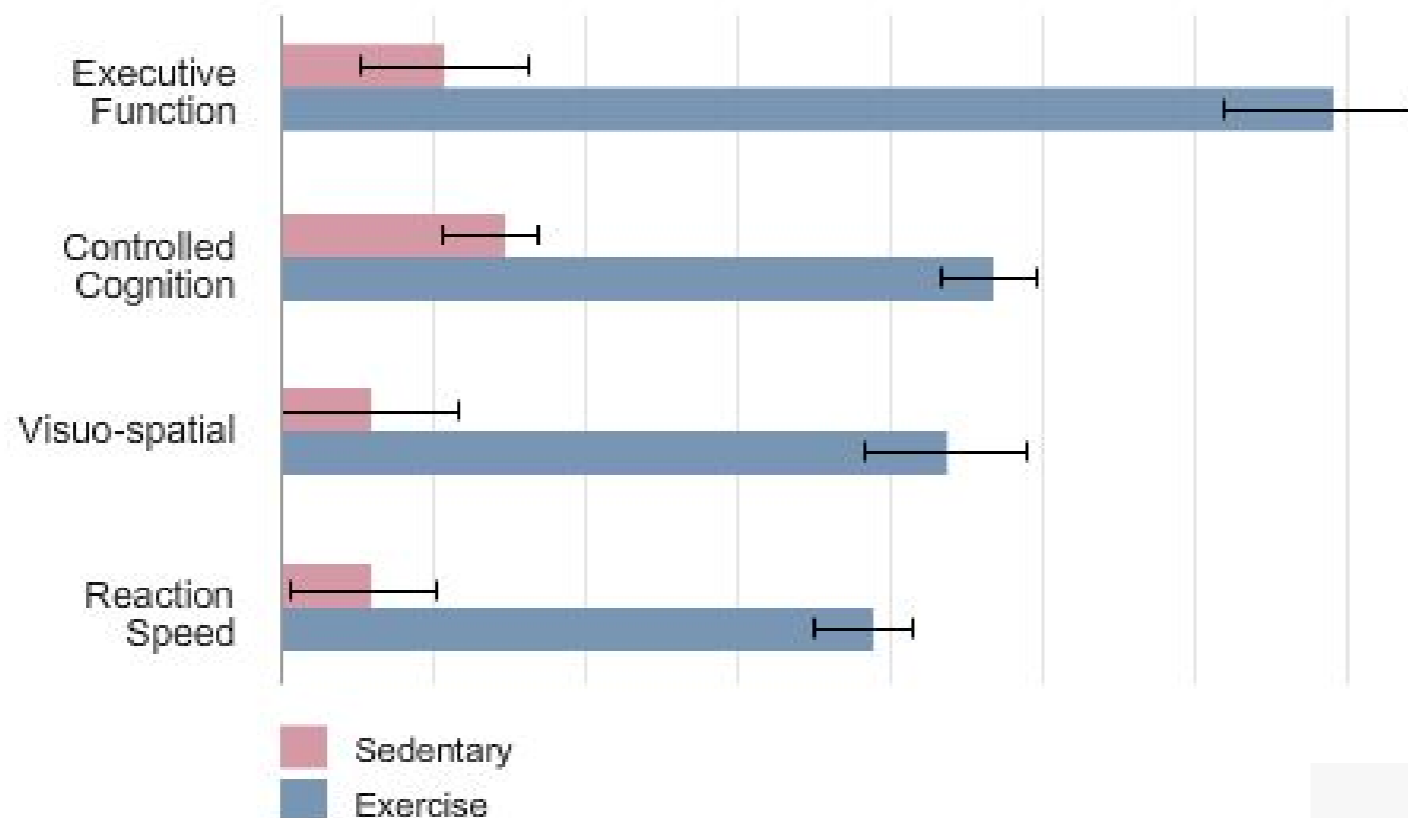
JOHN MEDINA EXERCISE BOOSTS BRAIN POWER

Exercise

Rule #1: Exercise boosts brain power.



exercise & cognition: older cohorts Effect size (larger is better)



Exercise boosts all kinds of brain power

In 18 studies of older adults, the exercise group outperformed the couch-potato controls in a host of tasks useful for the boardroom and classroom.



KINDS OF STRESS

- OCCASIONAL STRESS IS HEALTHY AND BUILDS RESILIENCY
- ACUTE STRESS RESULTS FROM EXPOSURE TO TRAUMA (VIOLENCE OR ABUSE)
- CHRONIC STRESS IS HIGH STRESS SUSTAINED OVER TIME



STRESSORS

- CRITICISM
- NEGLECT
- SOCIAL EXCLUSION
- LACK OF ENRICHMENT
- MALNUTRITION
- DRUG USE
- EXPOSURE TO TOXINS
- ABUSE
- TRAUMA





EFFECT OF STRESS

- PREFRONTAL CORTEX AND HIPPOCAMPUS ARE **CRUCIAL** FOR LEARNING, COGNITION AND WORKING MEMORY
- GUESS WHAT AREAS ARE MOST AFFECTED BY CORTISOL (THE STRESS HORMONE)?



EFFECTS ON SCHOOL BEHAVIOR + PERFORMANCE

STUDENTS IN POVERTY OFTEN HAVE HIGH LEVELS OF STRESS, AFFECTING:

- SCHOOL ABSENCES
- DURATION OF ABSENCES
- TARDINESS RATES
- INCIDENTS OF ILLNESS DURING CLASS
- RATES OF UNDIAGNOSED HEALTH PROBLEMS OR DISABILITIES





EXERCISE AND STRESS

EXERCISE AND OTHER PHYSICAL ACTIVITY

- PRODUCE ENDORPHINS
- DECREASE TENSION
- ELEVATE AND STABILIZE MOOD
- IMPROVE SLEEP
- REDUCE ANXIETY



EVEN 5 MINUTES OF ACTIVITY CAN HELP!

EXERCISE COUNTERBALANCES THE ILL EFFECTS OF STRESS

STRESSED NEURONS

- GENERATE A WEAKER SIGNAL
- HANDLE LESS BLOOD FLOW
- PROCESS LESS OXYGEN
- EXTENDS FEWER CONNECTIONS TO NEARBY CELLS

ACTIVE NEURONS

- GENERATES A STRONGER SIGNAL
- INCREASES BLOOD FLOW
- PROCESSES MORE OXYGEN
- EXTENDS MORE CONNECTIONS TO NEARBY CELLS
- GROWS NEW BRAIN CELLS
- REDUCES STRESS/CORTISOL
- IMPROVES MOOD



LET'S GET RID OF OUR STRESS!





CELEBRATE + PROCESS

VOLUME APPLAUSE



PROCESS



**I DON'T HAVE TIME TO ADD
MOVEMENT TO MY CLASS!**

**YOU DON'T HAVE TIME NOT TO! TAKING
EVEN 20 MINUTES DAILY TO ADD
ACTIVITY HAS POSITIVE EFFECTS, AND
TEACHERS REPORT GAINING ACADEMIC
TIME BECAUSE STUDENTS ARE MORE
FOCUSED, BETTER BEHAVED, AND READY
TO LEARN!**



EXERCISE BENEFITS THE BRAIN FIRST

- EXERCISE CHANGES THE BRAIN AT A MOLECULAR LEVEL
- **BDNF** FOR LEARNING AND MEMORY, REPAIR AND MAINTENANCE
- **NEUROGENESIS** FOR BETTER CONNECTIVITY
- INCREASED LEVELS OF CALCIUM FOR SHARPER **PROBLEM SOLVING**
- STRENGTHENS SECONDARY **DENDRITIC** BRANCHING FOR MEMORY
- IMPROVES **SELF** CONCEPT
- REDUCES **AGGRESSION**



BRAIN REVIEW

RAP

BENEFITS OF MOVEMENT VIDEO





SPIRIT OF THE MUSIC





Day 3



NOW ARE YOU
READY FOR THIS?

BRAINS ARE HARD-WIRED FOR 6 EMOTIONS

Jensen

- JOY
- ANGER
- SURPRISE
- DISGUST
- SADNESS
- FEAR



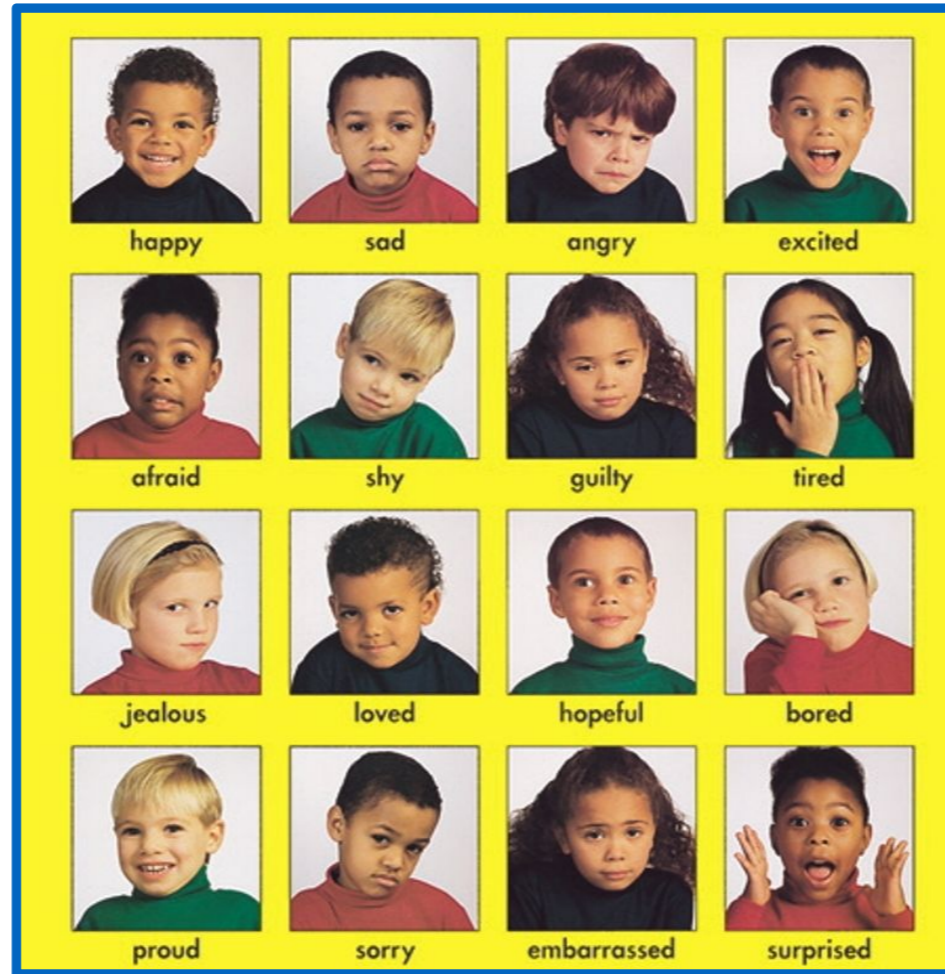
ALL OTHER **EMOTIONS** MUST BE TAUGHT

- COOPERATION
- PATIENCE
- UNDERSTANDING
- EMPATHY
- GRATITUDE
- FORGIVENESS
- TOLERANCE
- RESPECT
- RESPONSIBILITY
- PATRIOTISM
- CARING
- SHARING
- PRIDE





FACE OFF





CELEBRATE + PROCESS

**BLINKING
APPLAUSE**

PROCESS



10 KEY COMPONENTS OF ABL

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- **Mindfulness & Problem Solving**
- **Rhythm & Beat Competency**
- **Nutrition**



WHAT IT LOOKS LIKE IN THE LAB



WHAT DOES IT LOOK LIKE IN THE CLASSROOM



CROSS LATERALIZATION

Slap Spelling



LOCOMOTOR MOVEMENTS

Get Funky
Say What I Say



SAY WHAT I SAY

IF YOU NEED STUDENTS FOCUSED FOR THE NEXT ACTIVITY!

ROUND 1: SAY WHAT I SAY, DO WHAT I SAY

ROUND 2: SAY WHAT I SAY, DO THE OPPOSITE

ROUND 3: SAY THE OPPOSITE, DO WHAT I SAY

ROUND 4: SAY THE OPPOSITE, DO THE OPPOSITE





STRENGTH & ENDURANCE

Soul Man



BALANCE

Walk the Line



VISUAL TRACKING

Juggling



CARDIO

Cardio Tabata

FINE & GROSS MOTOR SKILLS W/ MANIPULATIVES

**Oh Shoot
Number ball**

MINDFULNESS & PROBLEM SOLVING

Gotcha
Quick math
Star

RHYTHM & BEAT COMPETENCY

Ra ta ta



NUTRITION

Spell master Categories



DEAR TEACHER

https://www.youtube.com/watch?v=ITMLzXzgB_s





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