

Course: Integrating Brain Breaks and Physical Activity in All Classrooms

Course Dates: Ongoing

Cost: \$69.00 **Credit:** 8 hours

Instructor: Mike Kuczala, Coauthor, Academic Director, Regional Training Center, Wyomissing, PA

Assignments:

- Review articles and videos about the importance of brain breaks in classroom
- Review how others are successfully using brain breaks
- Create your own brain breaks and receive feedback from instructor

Who Should Take: Grades K-12 classroom teachers.

Note: You will need access to a small group of children or friends or family to complete the course as you will be asked to test your own brain break.

Course Purpose/Description: The push to integrate physical activity across all content areas and grade levels is a rapidly growing movement. Not only is it a brain-based teaching practice, but it has also proven to help students achieve success at higher academic levels, create higher levels of motivation, and encourage, it is essential that all educators be able to implement movement strategies in any higher attendance rates. With a clearer understanding of how the brain prefers to learn, rising levels of inactivity, and how physical activity enhances academic achievement learning context. This course will help you understand the importance of physical activity in a general education setting and provide practical strategies that you can use to integrate physical activity, into any curriculum. You will develop your own brain breaks.

Goals and Objectives: By the end of this course, the student will be able to:

- identify the positive effects of physical activity, and specifically brain breaks, on students' personal, social, and academic growth.
- analyze the process for implementing physical activity into the general classroom.
- create several brain breaks that can be used in your classroom setting.

Benefits:

- Flexibility - Complete assignments at your own pace and schedule
- Grade free - Complete your assignments, get feedback from instructor
- 8 hours of Professional Development credit (check with principal or PD Dept.)
- Certificate of completion

What you need to take the course: Access to the Internet using a computer and/or tablet and ability to view videos, printer, PDF and Microsoft Word documents.