

HELLO!

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12 years teaching; MS History, Writing, k-12 PE

Cross Country and Track Coach

Living proof of the power of exercise on the brain – personally
and in the class!



WHY IT'S IMPORTANT TO MOVE BEFORE YOU WORK:

Too much time in front of devices

8-18 yr olds - 7 hours per day!

Muscles move blood to the brain

Thrive instead of survive

Memory, concentration, behavior

Brain is a muscle too

Serotonin - policeman of the brain

Keeps control

Influences mood

Impulsivity

Anger

Aggressiveness

Builds relationships - FUN!!



***BEFORE WE SIT,
LET'S GET UP
AND MOVE!***



1.

SQUATS WITH "SALLY"

<https://www.youtube.com/watch?v=bql6sIU2A7k>

2.

"HYGGE" JUMPING JACKS

<https://www.youtube.com/watch?v=H4bp0T-PxMY>

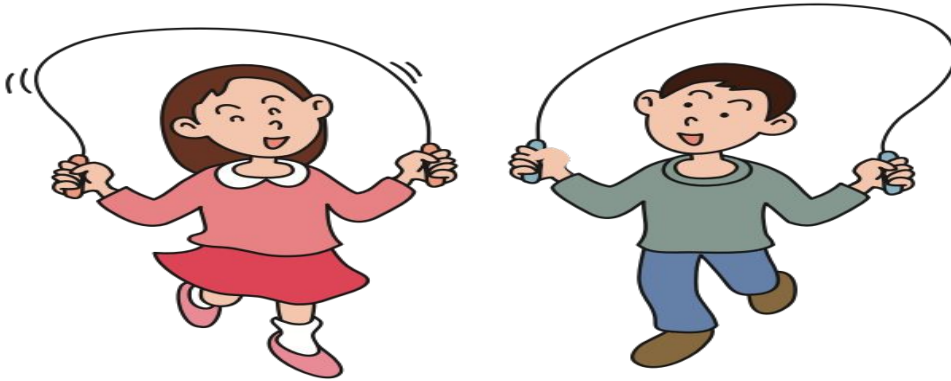
STUDENT CREATED



JUMPING ROPE WITH OR WITHOUT A ROPE!

3.

<https://www.youtube.com/watch?v=dvgZkm1xWPE>



LEARN THROUGH DANCE:

Cultural Studies:

Example:

https://www.youtube.com/watch?v=eBoyh1BEF_o



4.

SHORT BURSTS - BIG IMPACT!

Keep things moving,
Think exercise, Think learning!

Warm-up: 10 minutes

Main event: 20-25 minutes

Cool Down: 10 - 15 minutes

CHALLENGES FOR DAILY WORK - ESTABLISH ROUTINE:

- 30 day workout challenges
- half marathon

Daily work towards the completion of 13.1 miles over the course of a week

- Yoga

Best if led by example,
what will your challenge
be?

Share this with your
class!