

## **Movement for Improvement**

### **LAUSD Course #NA-11-113**

### **Approved for 3 Salary Points (LAUSD-Specific)**

#### **Brief Overview**

***"Exercise is the single most powerful tool that you have to optimize your brain function"*** - John Ratey, M.D.  
(Associate Professor of Psychiatry, Harvard Medical School and author of SPARK: The Revolutionary New Science of Exercise and the Brain)



In this course the value of movement and exercise, with the benefits it provides to learning, health (including physical, mental and social health), behavior and classroom management in the classroom, and even a teacher's ability to thrive in the teaching profession are all explored. In addition, ways to incorporate movement into instruction in all content areas and across content areas are taught and practiced. Physical activities beneficial for learning are also shared by immigrants and members of the international community, as a means to introduce diverse cultures to students, that we can all benefit from healthy practices from around the globe. The course ends with a shared proposal of a game or other physical activity that promotes learning, preferably from the course participants' country of origin and/or that represents students in their classes.

#### **Outline of Course**

**Session 1:** Movement, the Brain, & Learning

**Session 2:** Movement and Physical Health

**Session 3:** Movement and Mental Health

**Session 4:** Movement and Behavior/Classroom Management

**Session 5:** Movement and Building Unity

**Session 6:** Movement and Teaching in All Content Areas

**Session 7:** Movement and Brain Breaks

**Session 8:** Movement and Multiculturalism: People from each continent share about movement and/or a physical game they play(ed) in school, as well as something special about their country and culture

**Session 9:** Movement and Thriving as a Teacher

**Session 10:** Propose & Share a Learning Activity involving Movement



## Description of Activities

For each module please expect the following activities:

- Read through the lesson/session contents (including articles) and watch videos
- Take a short quiz on the material presented
- Complete a written assignment with open-ended responses
- Post your written responses on a discussion forum for interaction with others

## Have Questions?

Email our Help Desk at [help.ed4equity@gmail.com](mailto:help.ed4equity@gmail.com)