



Thank you for joining us!

Session: Virtual Boot Camp for Health & PE Teachers – Elementary Education, Part 1

Trainer: Gill McClean & Edwina Soto

Getting Started:

1. If you have any questions, please type them into the Q&A box! These will be answered throughout the webinar.
2. You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance. **You will not receive a certificate, it will just be the confirmation of attendance email.**



Follow us @pureedgeinc
Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org



Who We Are

Pure Edge, Inc. (PEI) is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

PEI also provides grants to national organizations that advance the work of whole child development & SEL.



Introductions

Gill McClean

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Director of Professional Development &
National Trainer

Edwina Soto

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National Trainer



Welcoming Activity

Respond to the poll on the next slide to share your response with our group.

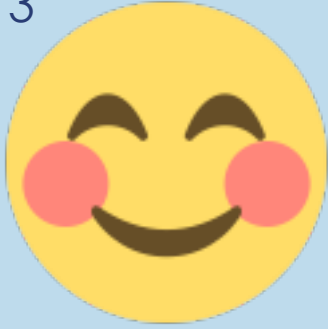
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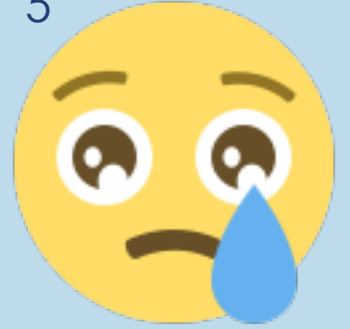
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10





Engaging Activity: Mindful Minute



- Start in Seated Mountain.
- Bring your attention to the present moment. We are going to start by taking a Mindful Minute.
- Start bringing your attention to the breath, noticing its qualities (fast, slow, warm, cool, shallow, deep...).
- Continue to focus your attention on the breath, and notice how you are feeling. Just notice.

Learning Objectives

- ❖ Why Breathe, Move, and Rest?
- ❖ Understand the effects of stress on scholars and educators.
- ❖ Experience a Mindful Movement practice.
- ❖ Understand the basic neuroscience and research behind Pure Edge exercises.
- ❖ Practice & Teach Pure Edge Mindful Movement Sequences.



PE MindfulMovement K-5

PE MindfulMovement 6-12

Implementation Guide Pre-K-2

Implementation Guide 3-5

Implementation Guide 6-12

Pure PE offers Mindful Movement sequences for delivery in the physical education setting at grade levels K-5 and 6-12.

Pure PE helps build strength, flexibility, balance, coordination, focus and relaxation.

A Mindful Movement sequence includes three main elements: breathe, move, and rest. These sequences can be easily integrated into an existing physical education program



Breathe



Move



Rest



Benefits of Nasal Breathing



- ❖ Filters dust and impurities from the air
- ❖ Warms the air to body temperature
- ❖ The diaphragm is more easily controlled, which supports the development of internal core strength
- ❖ More control over lengthening the breath (extended exhalations help activate the parasympathetic nervous system)
- ❖ Increased oxygen from nasal breath increases energy and vitality



Engaging Activity: Nasal Breathing



What we hope to do

Respond

Vs.

React



What is stress?

Any demand made upon the adaptive capacities of the mind and body.



Engaging Activity: Poll



Where you feel stress
in your body?

GOOD STRESS

- **Positive challenge**
- **Motivates us**
- **Promotes well-being**
- **Enhances performance**

BAD STRESS

- **No relief in sight**
- **Makes us physically sick**
- **Weakens immune system**
- **Impairs performance**

Allostatic Load



Stress Is Contagious



Higher cortisol levels were found in students whose teachers reported high levels of stress and burnout.

Researcher **Kimberly Schonert-Reichl** urges educators to be aware of their own mindsets and to practice mental wellness exercises to reduce their stress levels.

Pure Edge Mindful Movement helps build strength, flexibility, balance, coordination, focus and relaxation. A Mindful Movement sequence includes three main elements:

Breathe, Move, and Rest

The sequences can be easily integrated into an existing physical education program. Breathe, move and rest are simple but powerful tools to help students develop self-regulation and increase body awareness as they improve gross motor skills. Sequences build on each other and it is recommended that they be implemented in the order outlined in the manual





Sequence One

Mountain
Mountain/Sunrise x 2-3
Big Toe
Star into Triangle
Tree
Cat/Cow 3-5x*
Rock*
Seated Mountain
Guided Rest





Sequence Two

Mountain
Mountain/Sunrise x 2-3
Half Opening Sequence A x3
Big Toe
Star into Triangle
Tree
Cat/Cow 3-5x*
Pointing Dog*
Rock*
Seated Mountain
Guided Rest





Sequence Three

Mountain

Mountain/Sunrise x 2-3

Half Opening Sequence A x3

Big Toe

Star into Triangle

Tree

Cat/Cow 3-5x*

Pointing Dog*

Rock*

Butterfly*

Seal 1 & Seal 2*

Sleeping Crocodile*

Seated Mountain

Guided Rest





Sequence Four

Mountain

Mountain/Sunrise x 2-3

Half Opening Sequence A x3

Big Toe

Star into Triangle

Tree OR Forest*

Sandwich*

Table*

Butterfly*

Seal 1 & 2*

Sleeping Crocodile*

Seated Mountain

Guided Rest



Benefits I've seen





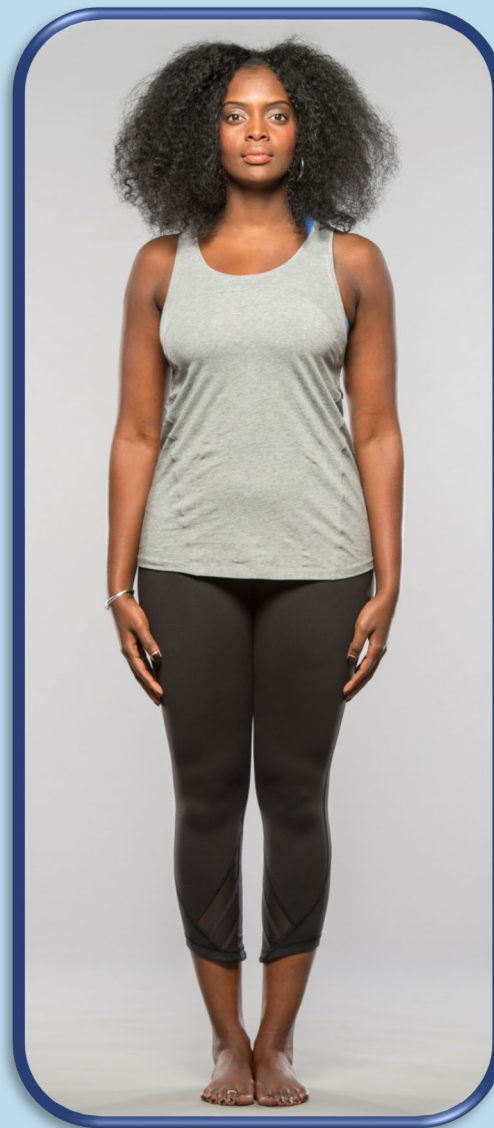
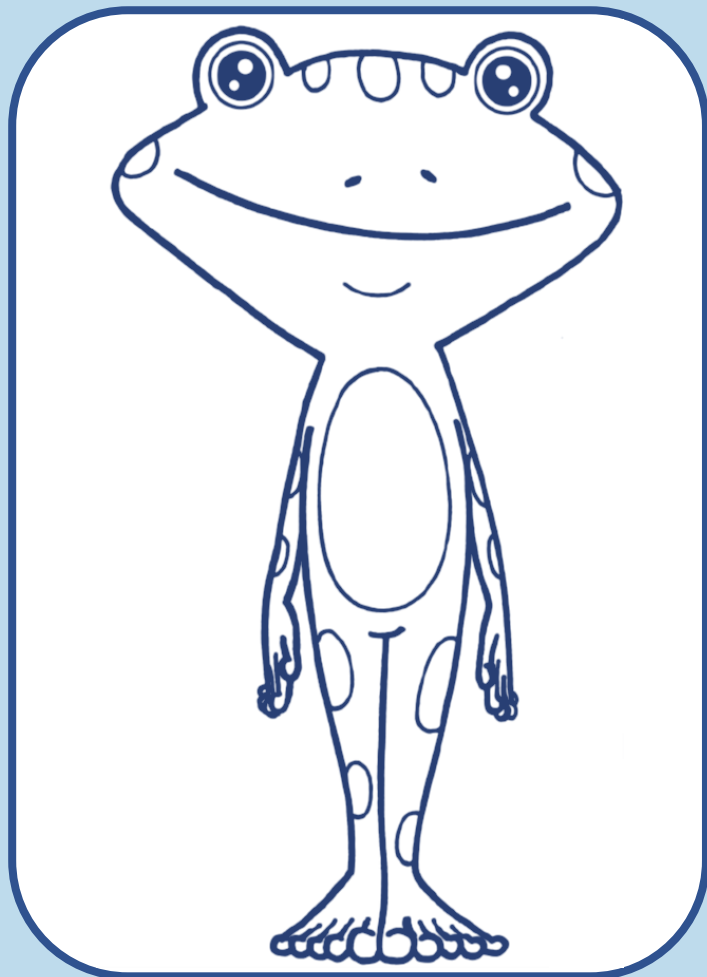
Reflection

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What is on your mind?
or
How are you feeling?

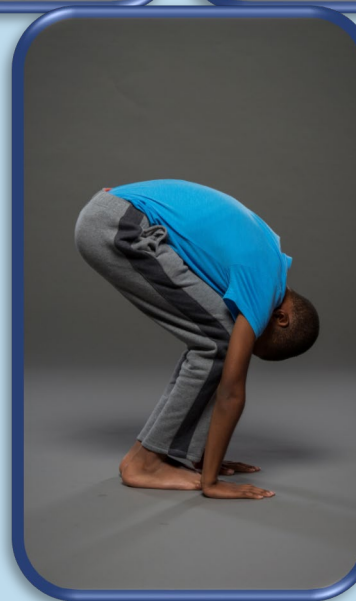
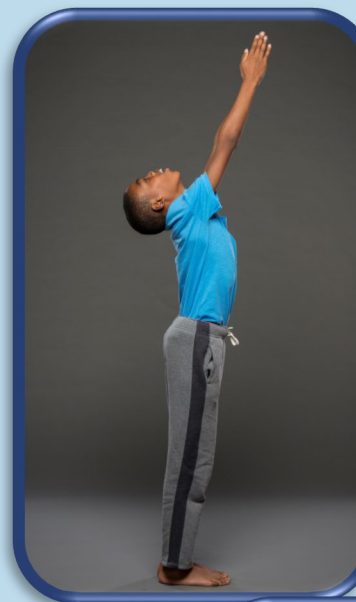
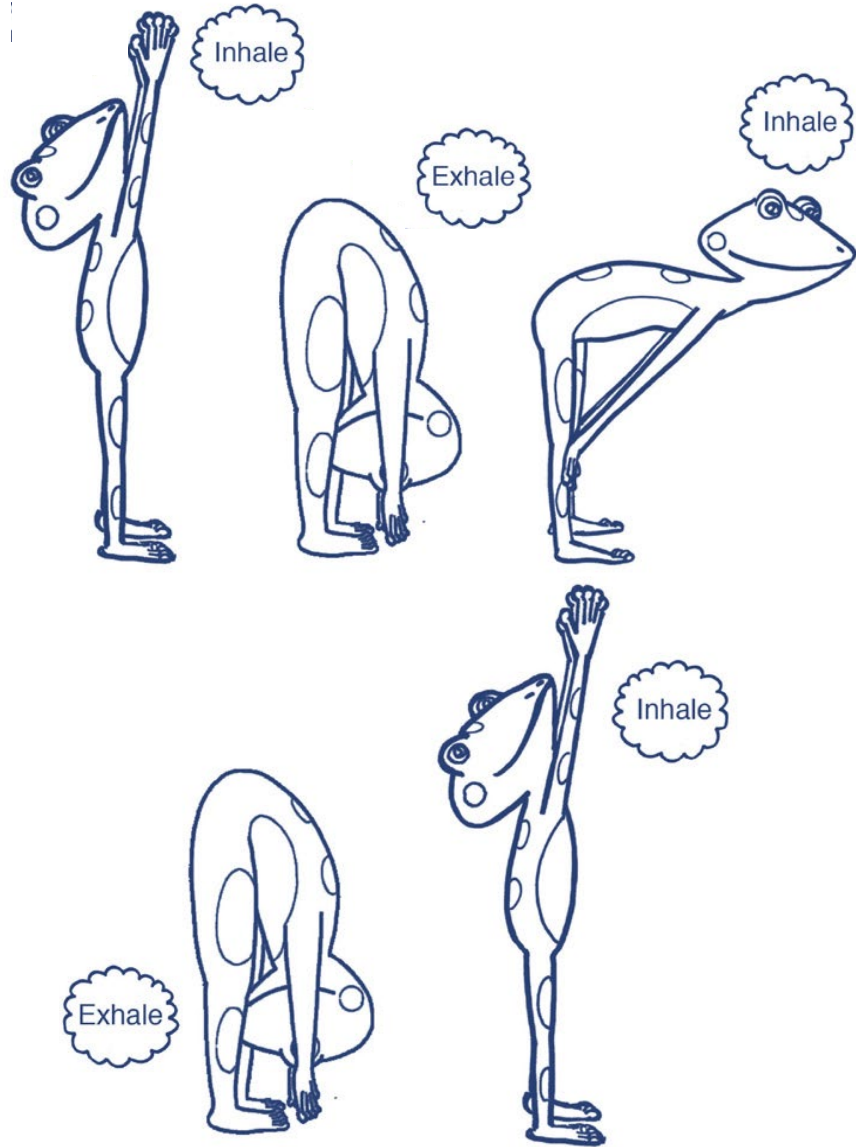


Mindful Movement: Mountain



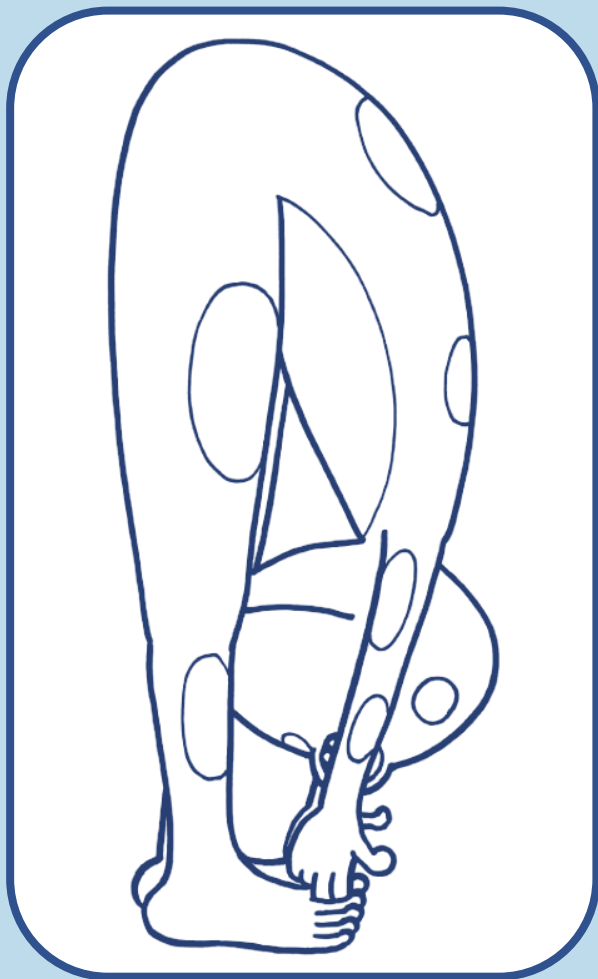


Mindful Movement: Half Opening Sequence A



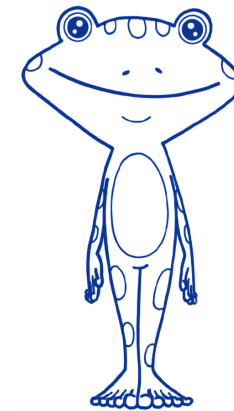
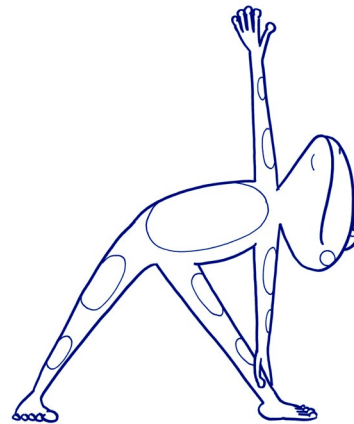
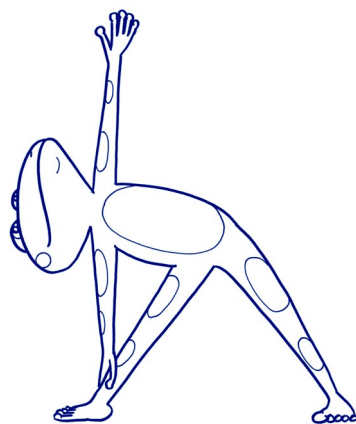
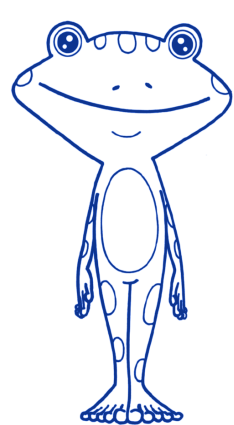


Mindful Movement: Big Toe



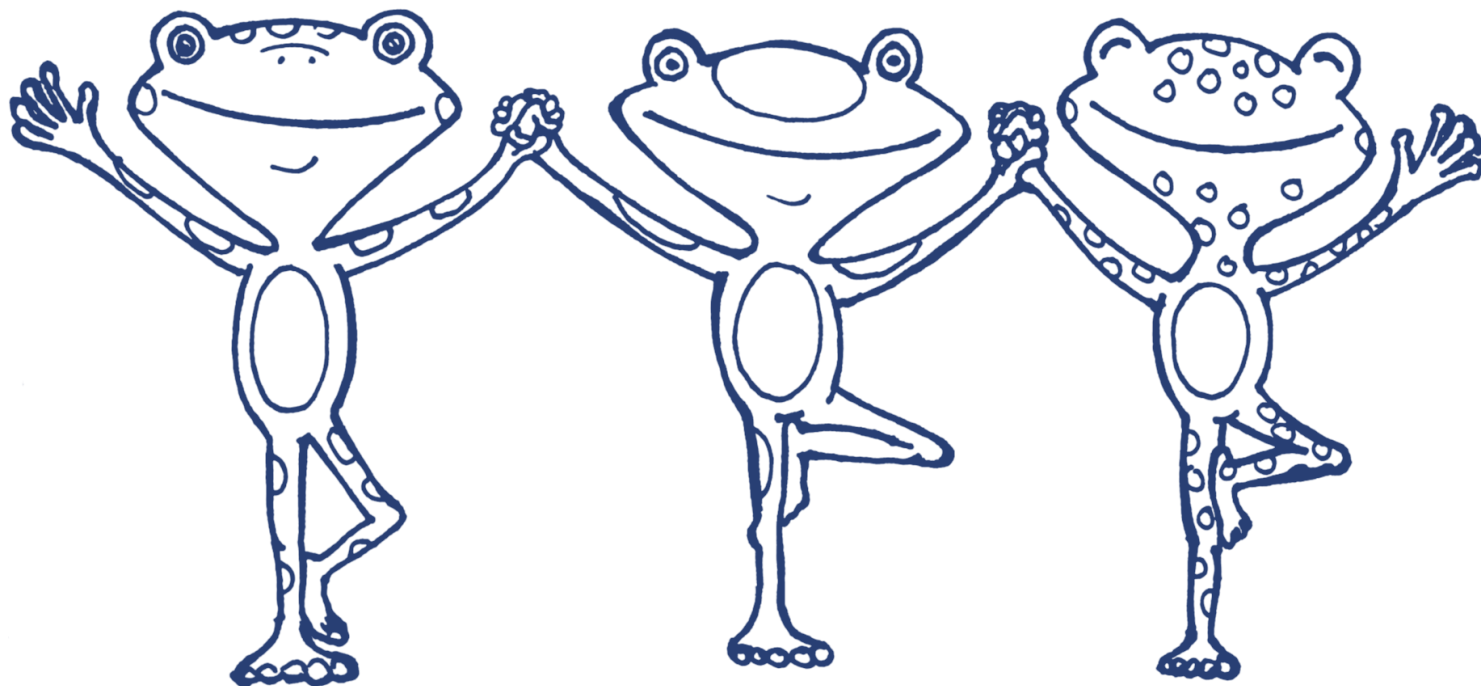


Mindful Movement: Star into Triangle



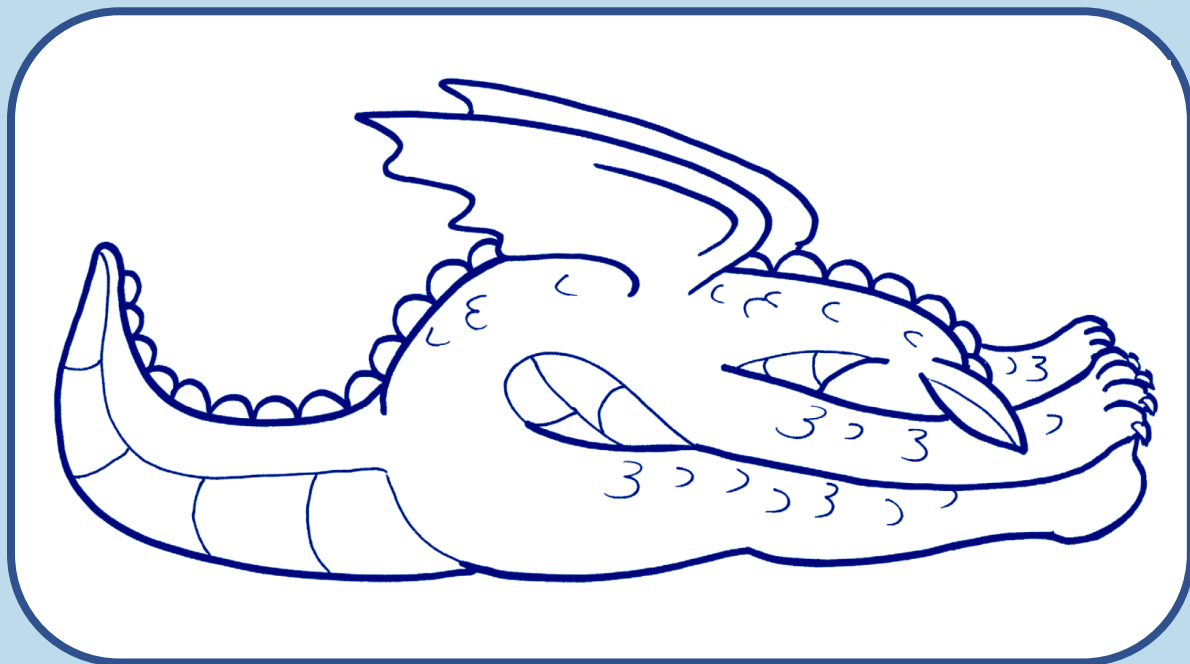


Mindful Movement: Tree



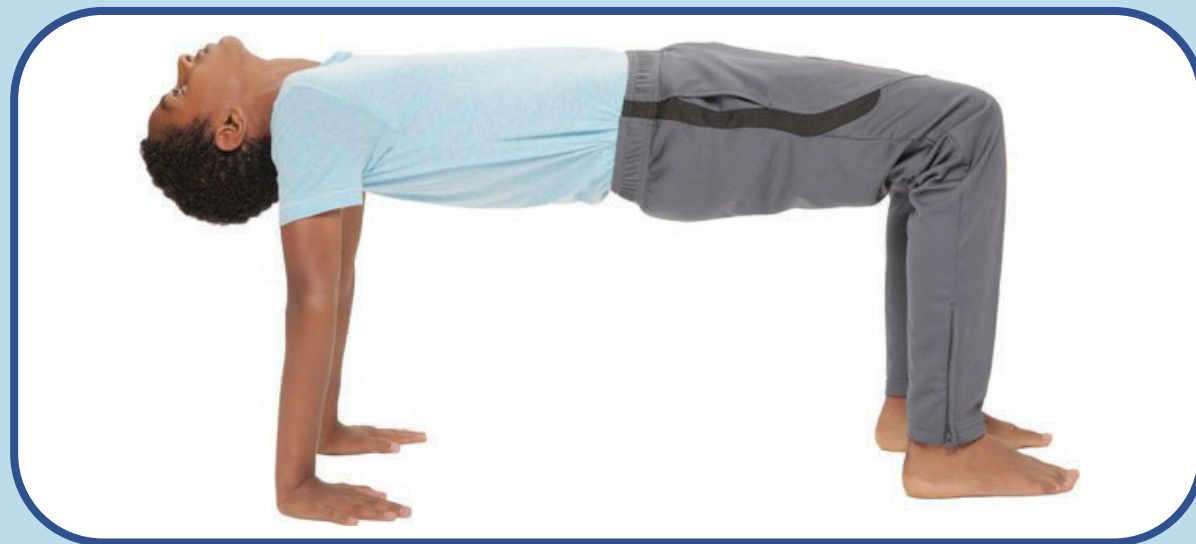
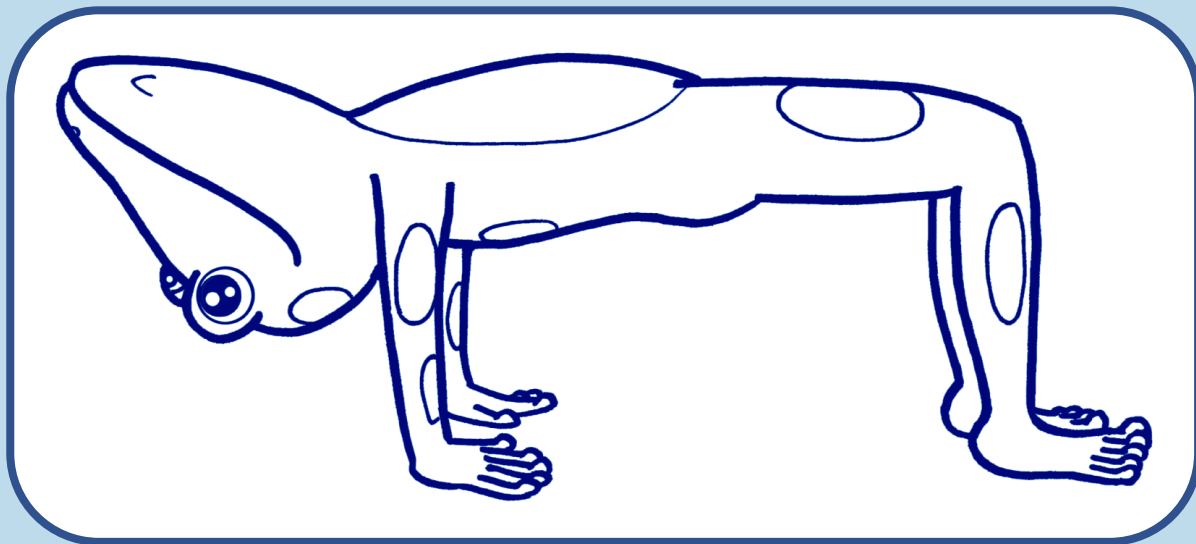


Mindful Movement: Sandwich



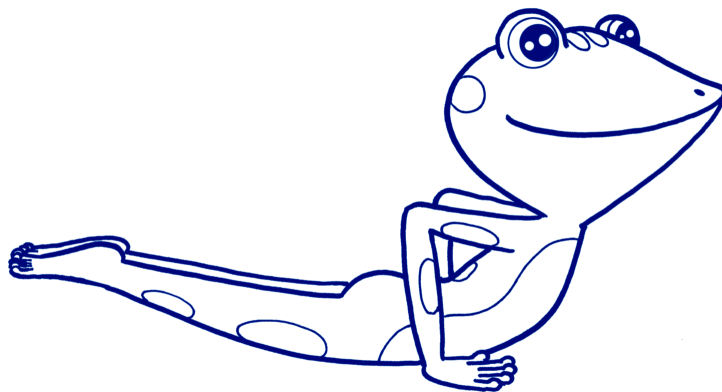
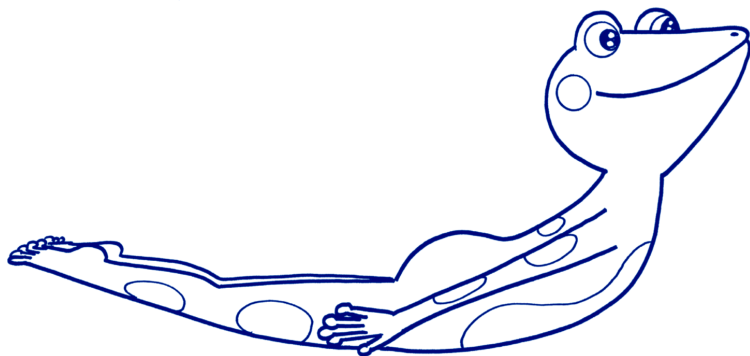


Mindful Movement: Table



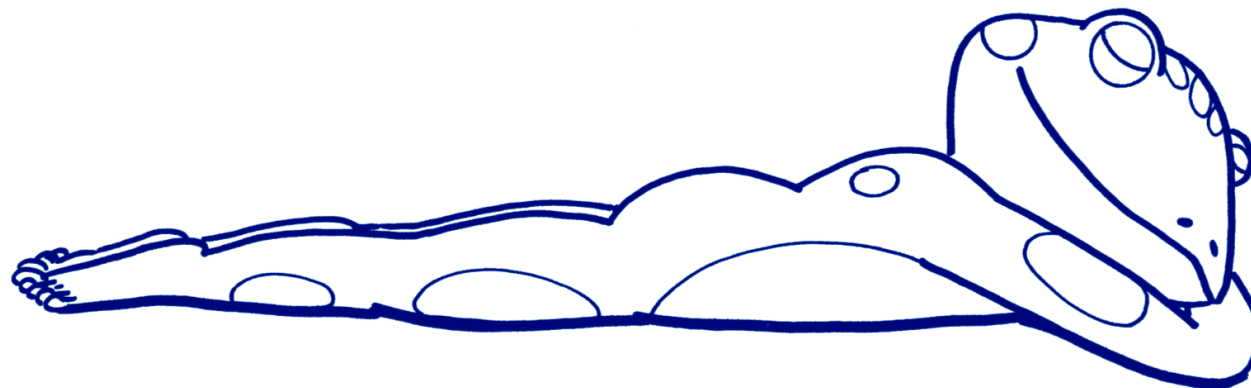


Mindful Movement: Seal 1 & Seal 2





Mindful Movement: Sleeping Crocodile



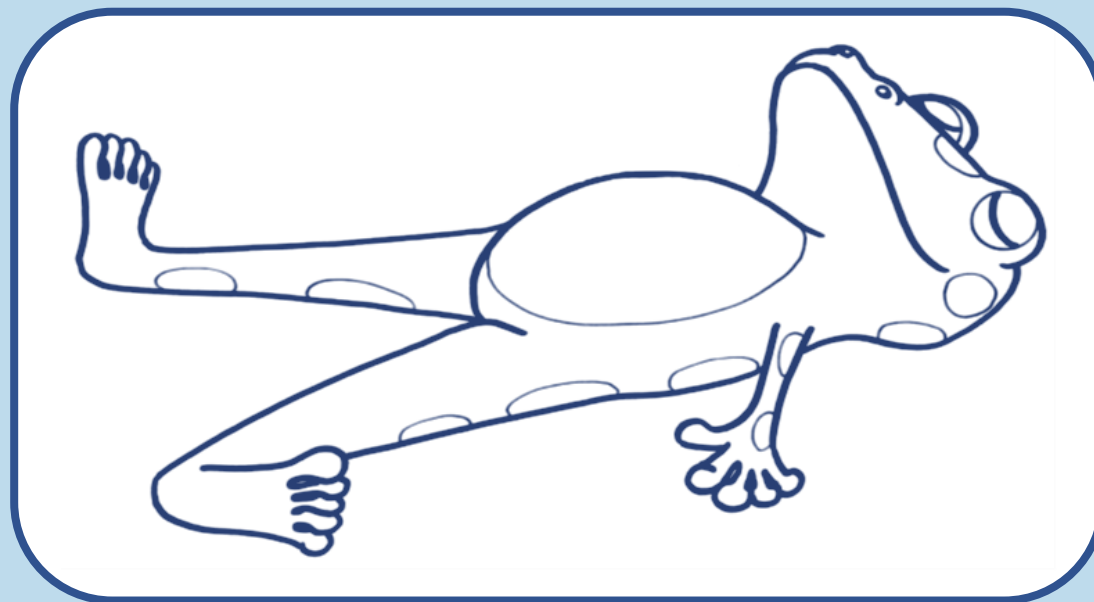


Mindful Movement: Seated Mountain





Mindful Movement: Guided Rest / Body Scan





Reflection

Please take out your phone, laptop or notebook for a two-minute free write. The goal is to check in with yourself.

What is on your mind?
or
How are you feeling?

Pointers for Teaching Movement

- ❖ Always start with the breath.
 - ❖ Emphasize the breath-movement connection.
 - ❖ Build poses from the ground up.
 - ❖ Start with most supported/accessible version of the pose, and then offer increasingly challenging options.
 - ❖ Keep your own breath even and steady as a model for students.
-

Implementation





VIRTUAL PE CLASSES



K-5 PE Mindful Movement Manual



K-5 PE Mindful Movement 1



K-5 PE Mindful Movement 2



<https://pureedgeinc.org/virtual-pe-classes/>





The Society of Health and Physical Educators (SHAPE) established America's National Standards & Grade-Level Outcomes for K-12 Physical Education to define what a student should know and be able to do as a result of a highly effective physical education program. States and local school districts across the country use the National Standards to develop or revise existing standards, frame-works and curricula. Pure Edge Mindful Movement aligns to all five SHAPE National PE Standards, and 23 out of 98 grade-level outcomes for middle and high school students.

Table 1: SHAPE National PE Standards

Standard 1	The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
Standard 2	The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
Standard 3	The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
Standard 4	The physically literate individual exhibits responsible personal and social behavior that respects self and others.
Standard 5	The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Table 2: Outcomes for Elementary School Students

S1.E7	Nonlocomotor (stability) balance
S1.E8	Nonlocomotor (stability) weight transfer
S1.E10	Nonlocomotor (stability) curling and stretching; twisting and bending
S1.E11	Nonlocomotor (stability) combinations
S2.E1	Movement concepts space
S2.E4	Movement concepts alignment and muscular tension
S3.E2	Engages in physical activity
S3.E3	Fitness knowledge
S3.E4	Fitness knowledge (warm-up/cool-down)
S4.E1	Personal responsibility
S4.E2	Personal responsibility
S4.E3	Accepting feedback
S4.E4	Working with others
S4.E5	Rules and etiquette
S4.E6	Safety
S5.E2	Challenge



Takeaways

Circle back:

- Teach Breathe, Move, and Rest
- Start slowly and build-up
- Repetition, repetition, repetition.
- Use the video library as a resource.
- Be creative with how you present this material.
- If time is limited do one thing to ensure consistency.

Mindful Movement Review:

- ❖ Mountain
- ❖ Half Opening Sequence A
- ❖ Big Toe
- ❖ Star into Triangle
- ❖ Tree
- ❖ Sandwich
- ❖ Table
- ❖ Seal 1 & Seal 2
- ❖ Sleeping Crocodile
- ❖ Seated Mountain
- ❖ Guided Rest



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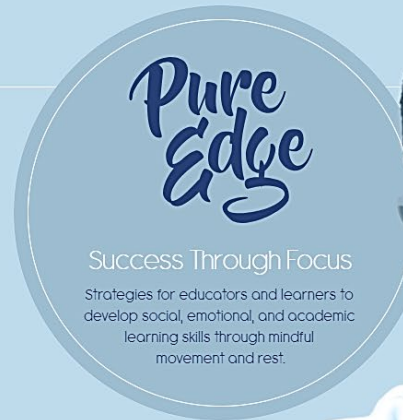
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



●
breathe

●
move

●
rest







Pure Community

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