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.**
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
getmoving@pureedgeinc.org
National Trainer
Respond to the poll on the next slide to share your response with our group.
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.
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.
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

Northwestern University, "Rhythm of breathing affects memory, fear: Breathing is not just for oxygen; it's also linked to brain function, behavior." ScienceDaily, ScienceDaily, 7 December 2016. <www.sciencedaily.com/releases/2016/12/161207093034.htm>
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?
<table>
<thead>
<tr>
<th>GOOD STRESS</th>
<th>BAD STRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Positive challenge</td>
<td>• No relief in sight</td>
</tr>
<tr>
<td>• Motivates us</td>
<td>• Makes us physically sick</td>
</tr>
<tr>
<td>• Promotes well-being</td>
<td>• Weakens immune system</td>
</tr>
<tr>
<td>• Enhances performance</td>
<td>• Impairs performance</td>
</tr>
</tbody>
</table>

Concept by Marc Brackett, Ph.D.
Yale Center for Emotional Intelligence
Allostatic Load

Crisis

Peers

Work

Health

Trauma

Family
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.
Neurochemicals

Endorphins

Neurotransmitters

Improved mood

Improved memory

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

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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
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?
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
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-S PE Mindful Movement Manual

K-S PE Mindful Movement 1

K-S PE Mindful Movement 2

https://pureedgeinc.org/virtual-pe-classes/
Appendix

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, frameworks and curricula. Pure Edge Mindful Movement aligns to all five SHAPE National PE Standards, and 23 out of 58 grade-level outcomes for middle and high school students.

### Table 1: SHAPE National PE Standards

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

### Table 2: Outcomes for Elementary School Students

<table>
<thead>
<tr>
<th>#</th>
<th>Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.1.7</td>
<td>Non-compressor stability: balance</td>
</tr>
<tr>
<td>8.2.3</td>
<td>Non-compressor stability: weight transfer</td>
</tr>
<tr>
<td>8.3.10</td>
<td>Non-compressor stability: front and center; twisting and bending</td>
</tr>
<tr>
<td>8.1.21</td>
<td>Non-compressor stability: combinations</td>
</tr>
<tr>
<td>8.2.1</td>
<td>Movement concepts: space</td>
</tr>
<tr>
<td>8.3.4</td>
<td>Movement concepts: alignment and muscular tension</td>
</tr>
<tr>
<td>8.3.22</td>
<td>Engages in physical activity</td>
</tr>
<tr>
<td>8.3.3</td>
<td>Fitness knowledge</td>
</tr>
<tr>
<td>8.3.4</td>
<td>Fitness knowledge: measurement (down)</td>
</tr>
<tr>
<td>8.4.1</td>
<td>Personal responsibility</td>
</tr>
<tr>
<td>8.4.3</td>
<td>Personal responsibility</td>
</tr>
<tr>
<td>8.4.2</td>
<td>Accepting feedback</td>
</tr>
<tr>
<td>8.4.4</td>
<td>Working with others</td>
</tr>
<tr>
<td>8.4.5</td>
<td>Rules and etiquette</td>
</tr>
<tr>
<td>8.4.6</td>
<td>Safety</td>
</tr>
<tr>
<td>8.4.2</td>
<td>Challenge</td>
</tr>
</tbody>
</table>
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
Thank you for joining us!

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

Trainer: Gill McClean & Edwina Soto

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