



Thank you for joining us!

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

Trainer: Anne Contreras & Lisa Hayden

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.**



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



Welcoming Activity

Share which of the following images most accurately reflects your feelings right now.

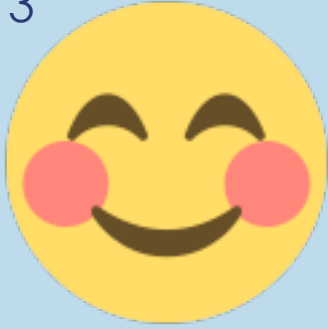
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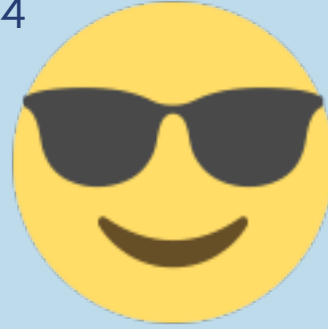
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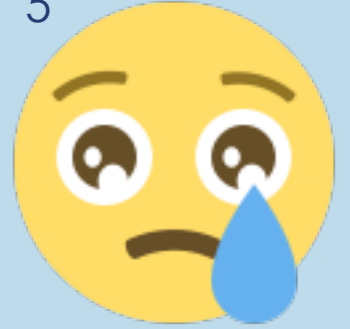
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8



9



10



Who We Are

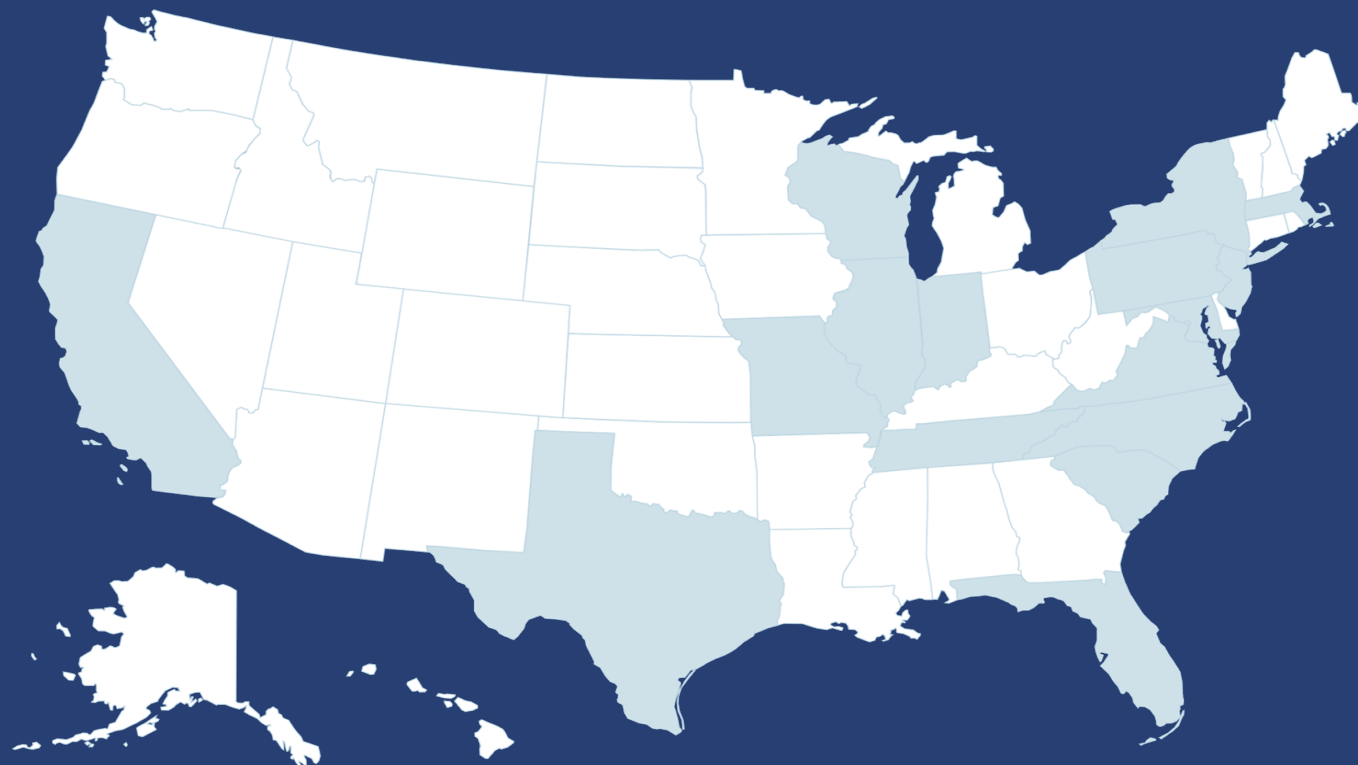
Pure Edge, Inc. (PEI) is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

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

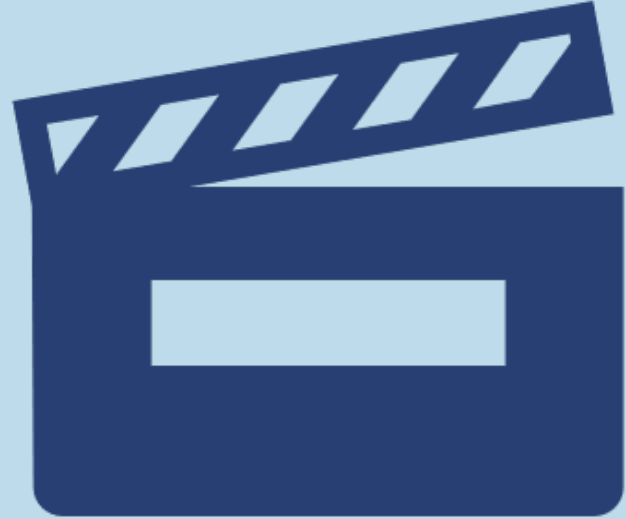


Our United States and Global Partners

Since 2011, our foundation has partnered with over **42** different organizations. Our partners span across multiple districts in several regions across the country: California, Texas, The Northeast and The Southeast. Also, inclusive of Puerto Rico, Saipan and Costa Rica.



Video



Introductions

Anne Contreras

MACP, MFTi #87444

Director of Programs - National Trainer

Doctoral Studies: International Psychology

Trauma-Systems Concentration – Focus: Global Crisis Informed Care

Lisa Hayden

Health and Physical Education Teacher

West Windsor Plainsboro High School South

Mercer County, New Jersey





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

- ❖ Touch on CASEL Competencies
- ❖ Review neuroscience of stress and emotional regulation for both educators and learners
- ❖ Explore PE Mindful Movement (MM) Manual
- ❖ National PE Standards & Outcomes for Middle School
- ❖ Explore PE MM Implementation Guide
- ❖ Experience Pure Edge *Brain Breaks* throughout

PE Mindful Movement Manual & Implementation Guide

Pure Edge's Mindful Movement aligns to all **five** SHAPE National PE Standards, and 23 out of 98 grade-level outcomes for middle & high school students.



Appendix	
<p>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 98 grade-level outcomes for middle and high school students.</p>	
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 Middle School Students	
S1.M24	Individual-performance activities
S2.M12	Individual-performance activities, dance and rhythms
S3.M3	Engages in physical activity (variety of strength & endurance activities)
S3.5	Engages in physical activity (variety of lifetime activities)
S3.M9	Fitness knowledge (stretching)
S3.M10	Fitness knowledge (flexibility)
S3.M12	Fitness knowledge (warm-up and cool-down)
S3.M18	Stress management
S4.M1	Personal responsibility
S4.M2	Personal responsibility (positive self-talk, self-awareness)
S4.M3	Accepting feedback
S4.M6	Rules and etiquette
S5.M2	Health (reducing stress, positive mental benefits)
S5.M3	Challenge
S5.M6	Social Interaction (respect for self & others)

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Engaging Activity: Anchor Breathing



1. Sit down and get comfortable.
2. Rest your hand on your chosen breathing space: belly, chest or just under your nose.
3. Do your breathing and keep your attention on your breathing space.
4. When your attention wanders, gently bring it back to your breathing space.

❖ Notice when your mind has wandered away from your anchor (belly, chest, or nose) and bring your mind back to that point of concentration. It is not bad or wrong for your mind to wander. Mindfulness is not about determining whether what you are thinking is right or wrong. In this practice, we are simply noticing that the mind has wandered or that the mind is filled with thoughts, and then gently guiding it back to where we want or need it to be.

Social and Emotional Competencies

- Identifying emotions
- Self-perception/Identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

- Communication
- Social Engagement
- Relationship-building
- Teamwork



- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility





What is stress?

Any demand made upon the adaptive capacities of the mind and 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

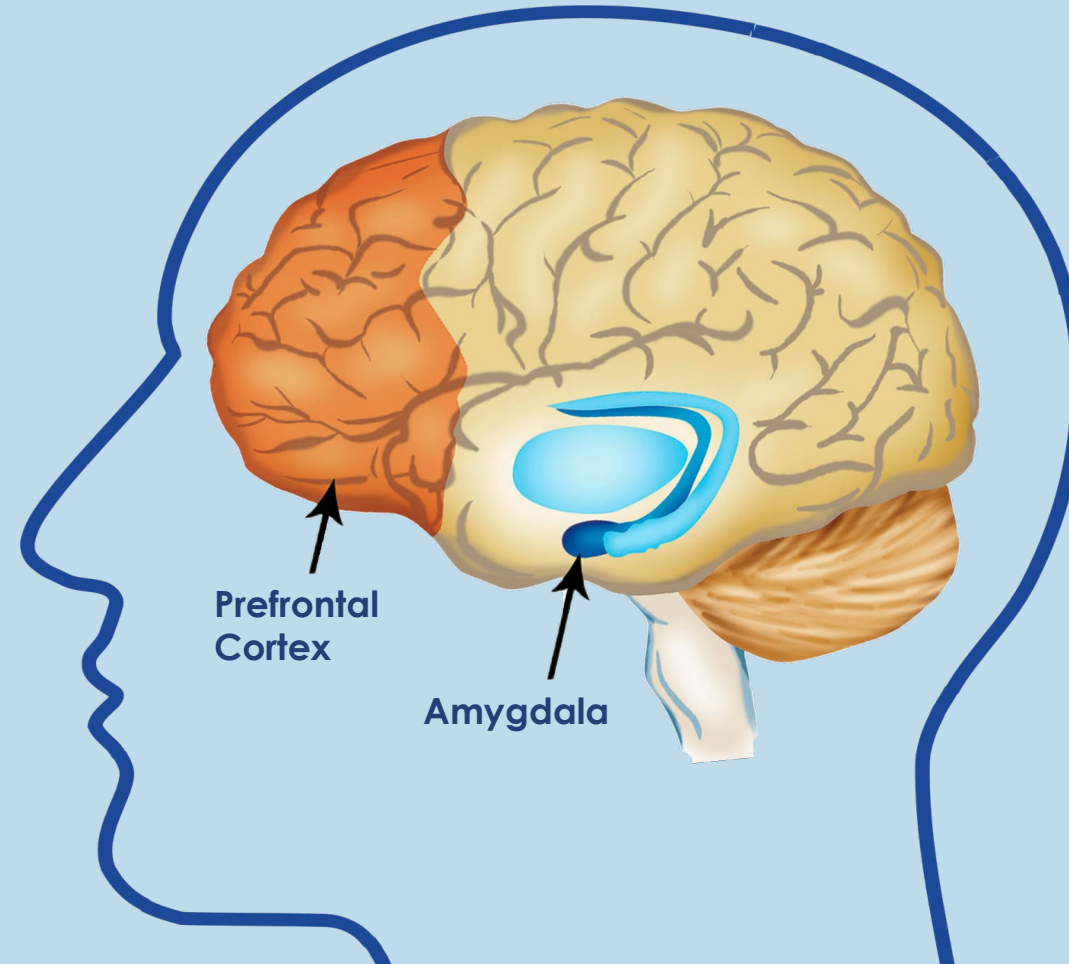




Engaging Activity: Breathing Ball



Self-regulation & the Brain



Neuroscience: Self-care & Vagal Tone



THE VAGUS NERVE

How to Hack Your Nervous System

The vagus nerve, the tenth cranial nerve, is the superhighway of the nervous system that connects the body and brain. We can tone the **vagus nerve** through deep breathing exercises.

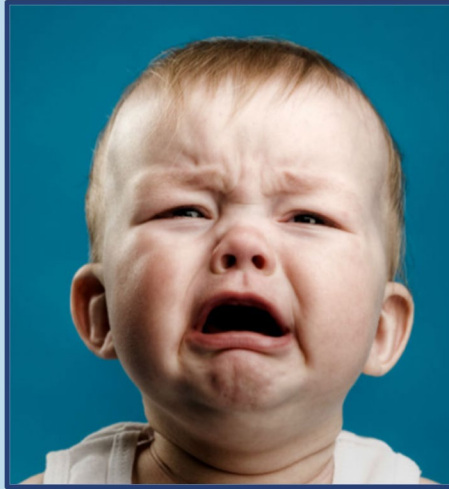


Engaging Activity: Even In – Even Out



1. Start in Seated Mountain with a tall spine, relaxed shoulders, and eyes gently closed.
2. Breathe naturally through the nose.
3. We are going to focus on making our inhales and exhales even.
4. Inhale deeply through the nose and exhale through the mouth for a count of one.
5. On the next breath, lets count to two on the inhale and the exhale.
6. Repeat, continuing to extend the breath up to a count of five.

Stress Response



“Gas Pedal”

Sympathetic Nervous System:
Fight or Flight



“Brake”

Parasympathetic Nervous System:
Rest and Digest



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.



Engaging Activity: Chair Sunrise Twist



1. Sit in Seated Mountain.
2. Inhale, stretch arms overhead for Chair Sunrise.
3. Exhale, twist to the right, placing left hand on right knee and right hand on right hip or back of the chair. Keep right shoulder relaxed. Take a few breaths here.
4. Inhale, back to Seated Sunrise.
5. Exhale, twist to the left, placing right hand on left knee and left hand on left hip or back of chair. Keep left shoulder relaxed. Take a few breaths here.
6. Inhale back to Seated Sunrise.
7. Exhale to Seated Mountain.

“

The three most important
aspects of learning
—attention, focus, and memory—
are all controlled by our **emotions**,
not by cognition.

”



Adult Modeling

Kids **absorb** the adults' mannerisms,
especially
EMOTIONAL REGULATION
*(the ability to manage their
emotions).¹*



Self-care is
primary to caring
for others.





Grades 6-12, Sequence One

Mountain

Mountain/Sunrise, x3

Half Opening Sequence A, x3

Big Toe

Tree (repeat on each leg)

Half Opening into Plank

Plank to Push-up*

Sleeping Crocodile into Cobra x3*

Rock*

Down Dog into Plank x3*

Seated Mountain

Guided Rest





Engaging Activity: Guided Rest / Body Scan





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/>





Online Curriculum

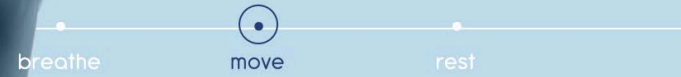
▶ Video

Webinars

Log Out

+ MENU

Step 1



Do you know how to
find the Virtual PE
Classes Video Library
on our website?

- Pure Community Webinars
- Start with the Heart
- Curriculum
- Virtual PE Classes
- Video Library
- Partnerships
- Impact
- About

Step 2



Building Buy-in with Class

1. Plan for self-consciousness.
2. Explain Brain Basics & Articles on neuroscience: Dr. Dan Siegel's Hand Model of the Brain
3. Focus on more physically challenging postures to keep interest.
4. THE WHY? Help Learners make connections to their daily lives...
 - a) School
 - b) Home
 - c) Social
 - d) Athletic



Mindful Movement in Health Education



1. **Neuroscience** info & **mindfulness** practice can tie into other health topics: substance abuse, conflict resolution, stress and mental health.
2. Supplement the sequences with more information on neuroscience.
3. Refer to the Pure Edge, Inc Amazing Brain Mini-Unit.
4. Have learners research the teenage brain and stress.
5. Have learners develop ways to fit these tools into their daily lives & share ideas.

Tips & Tricks



1. Have learners determine resting heart rate before and after performing breathing exercise or Mindful Movement (MM) sequence.
2. I do, You Do, We Do (both in person and virtually)
3. Use Visual Resources (especially virtually)
4. Be creative and integrate sequences into existing PE activities or downtime during lessons.
 - a) Warm-up with MM postures.
 - b) Integrating BREATHING into existing PE activities
 - i. Ex: While running, inhale for 3 steps and exhale for 2.



WHEN TO INCORPORATE MINDFUL MOVEMENT

- ❖ **At the start of class:**
 - ❖ Start of the session
 - ❖ As a warmup
 - ❖ **In the middle of class**
 - ❖ For Transitioning
- ❖ **At the end of class:**
 - ❖ Cool down
 - ❖ Rest
- ❖ Examples:
 - ❖ Some educators start the week off with “Mindful Mondays.”
 - ❖ Ravenswood: 3 groups

How to Teach Mindful Movement



1. **Focus on the breath:** Learning to connect breath and movement is a foundational part of Mindful Movement
2. **Bring awareness to bodily sensations/physical experience.** Ask: does your body feel different today than it did the last time we did this?
3. Include **Guided Rest** in every session.

Four Week – Implementation Guide

MONDAY	TUESDAY	WED *Shorter class	THURSDAY	FRIDAY *Assemblies
Introduce Breathing as part <u>ROUTINES</u> *Start/End of class	Breathing *Start/End of class	Introduce Rest	Start: Breathing End: Rest	Start: Breathing End: Rest
Start: Breathing Introduce: Sunrise/Sunset End: Rest	Start: Breathing Sunrise/Sunset, 2x End: Rest	Introduce Big Toe	Start: Breathing Sunrise/Sunset, 2x Big Toe End: Rest	Start: Breathing Sunrise/Sunset, 2x Big Toe End: Rest
Start: Breathing Sunrise/Sunset, 2x Introduce: Half-Opening A Big Toe End: Rest	Breathing Sunrise/Sunset Half-Opening A, 2x Big Toe End: Rest	Introduce Tree	Breathing Sunrise/Sunset Half-Opening A, 2x Big Toe Tree End: Rest	Breathing Sunrise/Sunset Half-Opening A, 2x Big Toe Tree End: Rest
Breathing Sunrise/Sunset, 1x Half-Opening A, 1x Big Toe Tree Introduce Half-Opening into Plank End: Rest	Breathing Sunrise/Sunset, 1x Half-Opening A, 1x Big Toe Tree Half-Opening into Plank End: Rest	Introduce Plank into Push-up	Breathing Sunrise/Sunset, 1x Half-Opening A, 1x Big Toe Tree Half-Opening into Plank Plank into Push-up End: Rest	Breathing Sunrise/Sunset, 1x Half-Opening A, 1x Big Toe Tree Half-Opening into Plank Plank into Push-up End: Rest

Takeaways

- ❖ Social Emotional Learning Competencies
- ❖ Neuroscience of Stress
- ❖ Emotional Regulation
- ❖ PE Mindful Movement Manual & Implementation Guide
- ❖ Implementation Sheet – first 4 weeks



Brain Breaks Review



Breathe

- ❖ Mindful Minute
- ❖ Anchor Breathing
- ❖ Breathing Ball – Video
- ❖ Even In – Even Out



Move

- ❖ Chair Cat/Cow – Video
- ❖ Chair Sunrise Twist
- ❖ PE Mindful Movement – Sequence 1



Rest

- ❖ Guided Rest/Body Scan

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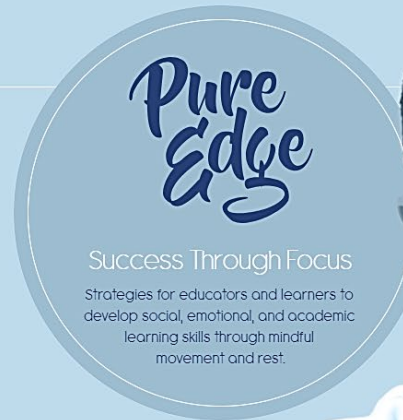
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



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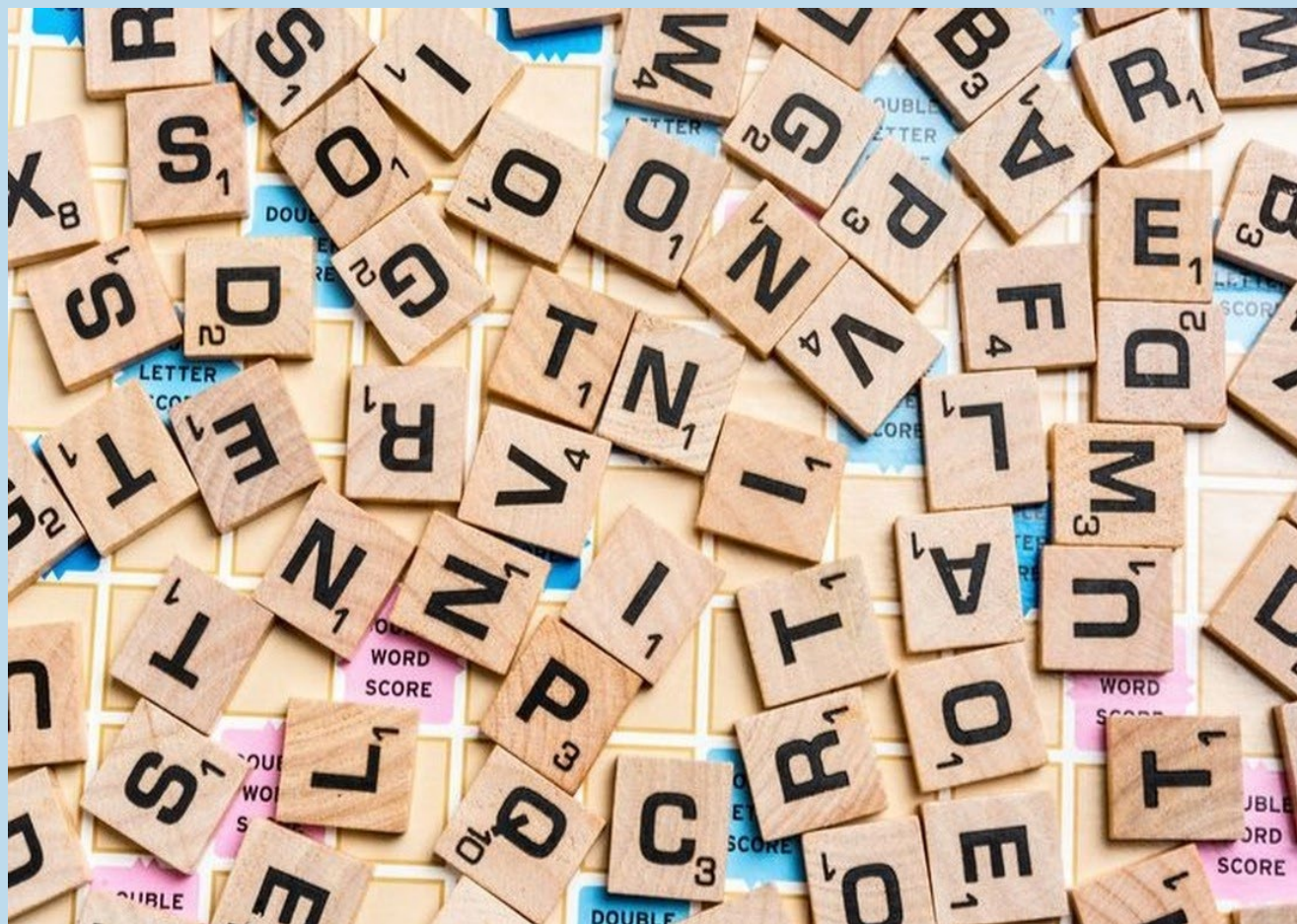
●
breathe

●
move

●
rest



Optimistic Closure: ONE Word To Describe How You Feel





Pure Community

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