



# Thank you for joining us!

**Session:** Mindful Movement for PE Teachers, Part 1  
**Trainer:** Gill McClean

## Getting Started:

1. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion.
2. If you have any questions, please type them into the Q&A box.
3. If you'd like, grab a pen/pencil/paper to jot down your thoughts.



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Website: [www.pureedgeinc.org](http://www.pureedgeinc.org)  
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# Introductions

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Gill McClean

**[gill@pureedgeinc.org](mailto:gill@pureedgeinc.org)**

*Director of Professional Development  
& National Trainer*

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# Introductions

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Respond to the poll  
to tell us a little  
about yourself.



# Who We Are

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**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.

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# Welcoming Activity



Be honest, are you wearing PJs right now?

- ❖ Never!
- ❖ 100% Yes
- ❖ Business on top, PJs on the bottom
- ❖ I literally changed into “real clothes” a minute ago





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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.





# 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

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- ❖ 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.





# Breathe



# Move



# Rest



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# Benefits of Nasal Breathing

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- ❖ 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: Even in – Even out



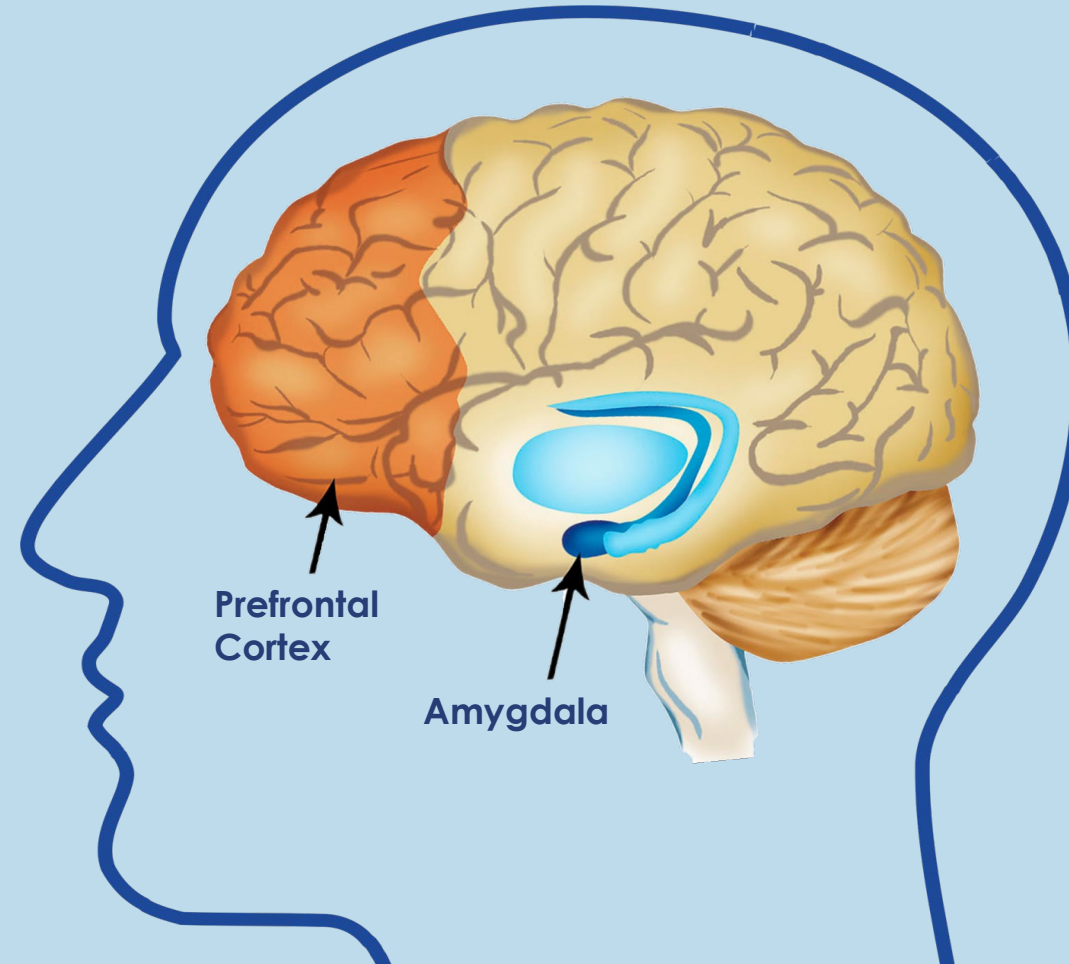
Pure Edge Mindful Movement helps build strength, flexibility, balance, coordination, focus and relaxation. A Mindful Movement sequence includes three main elements:

## *Breathe, Move, and Rest*

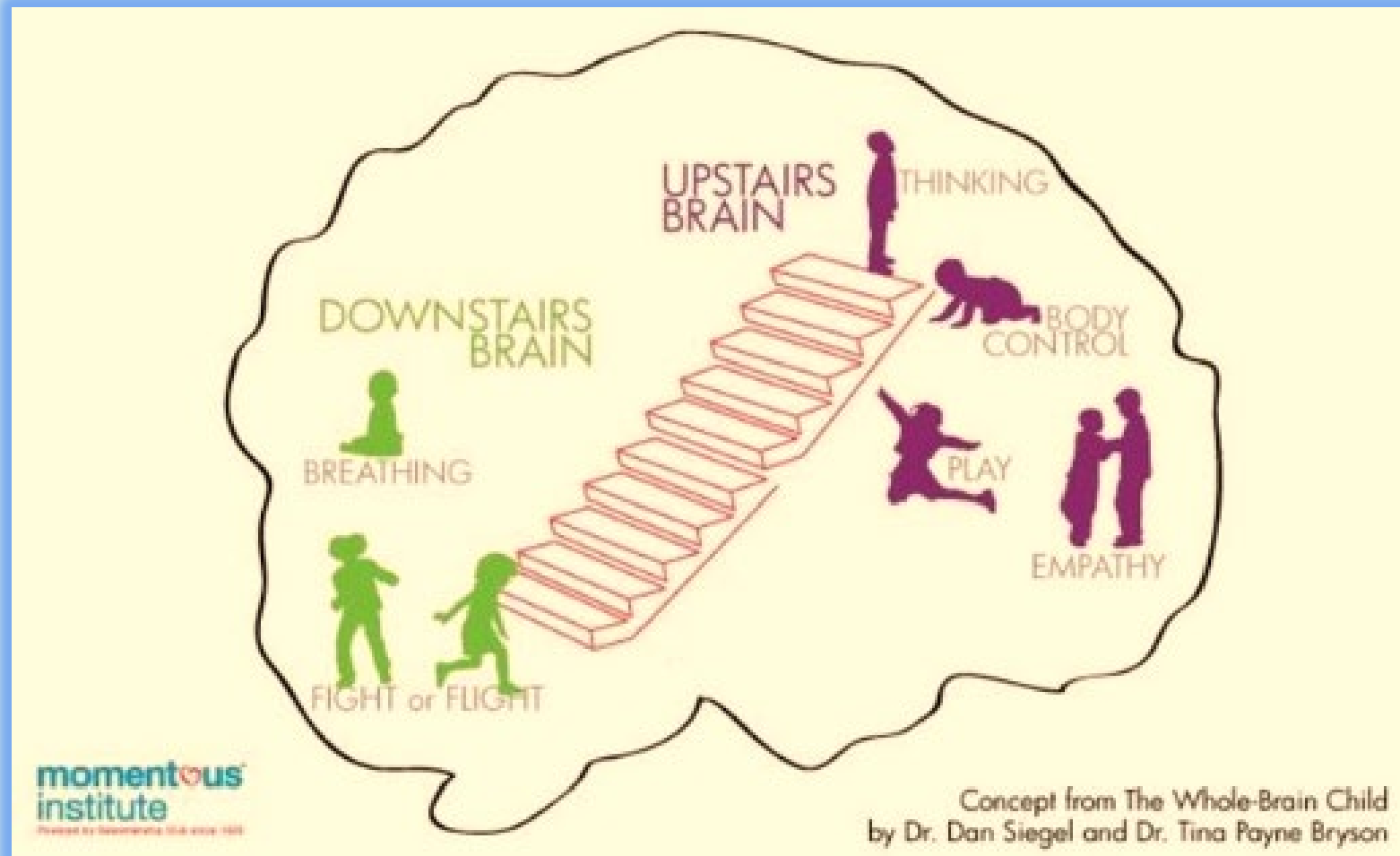
The sequences can be easily integrated into an existing physical education program. Breathe, move and rest are simple but powerful tools to help students develop self-regulation and increase body awareness as they improve gross motor skills. Sequences build on each other and it is recommended that they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



# Self-Regulation & the Brain



# Upstairs Brain – Downstairs Brain





# Upstairs Brain – Downstairs Brain

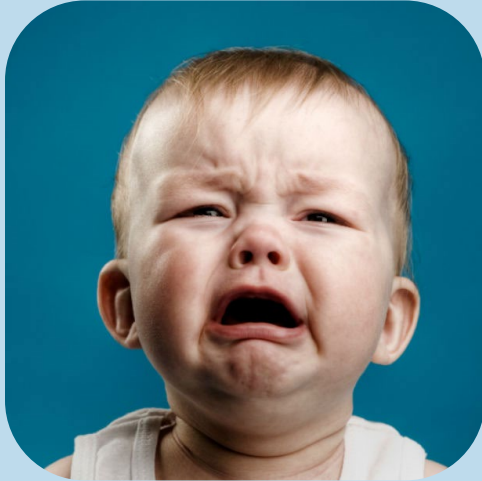
Integrating upstairs downstairs strategies:

1. **CONNECT, THEN REDIRECT:** Be present with your child's feelings, help them get into the "green zone,"
2. **Breathing** will help bring the prefrontal cortex ("upstairs brain") back online.
3. **Move** it or lose it: Get child moving and their mood will change.





# Stress Response



“Gas Pedal”

Sympathetic Nervous System:  
Fight or Flight



“Brake”

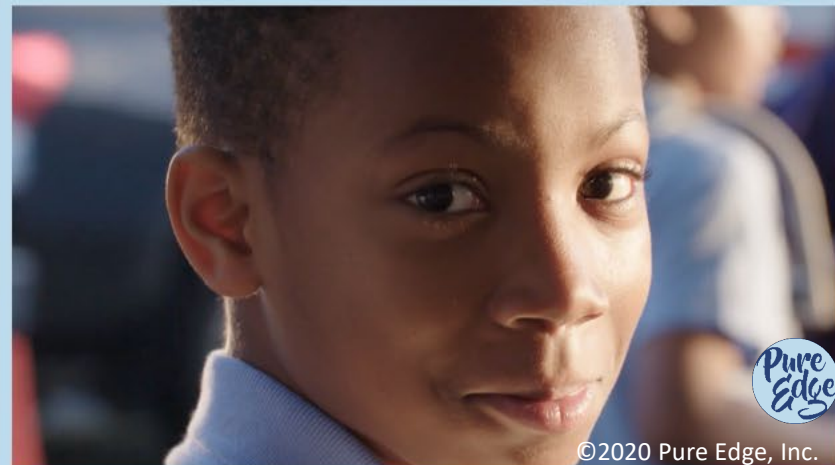
Parasympathetic Nervous System:  
Rest and Digest





# "Behavior is communication"

Siegel, D. and Bryson, T. (2018). *The Yes Brain*. New York, NY: Random House USA.



# Self-Care Practice



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# Reflection

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

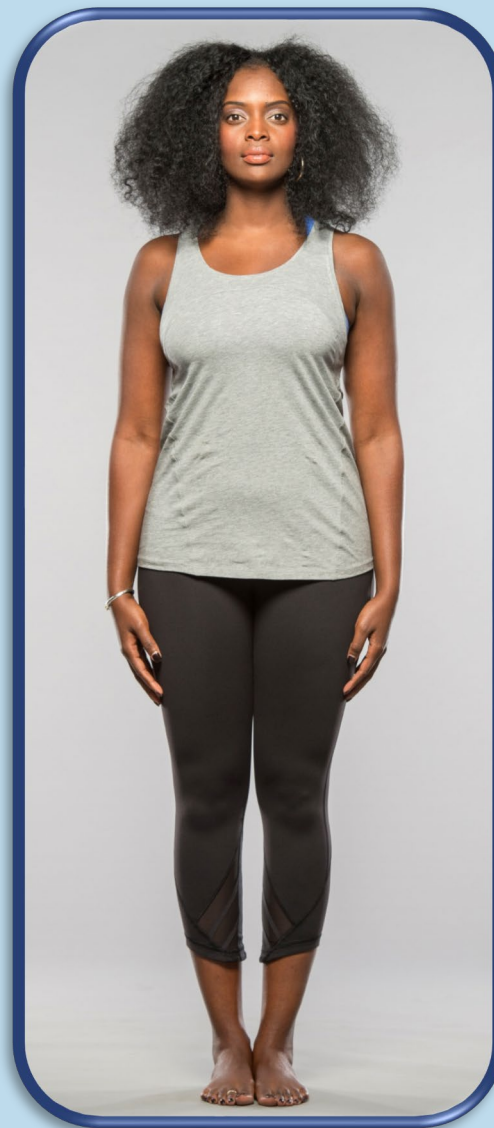
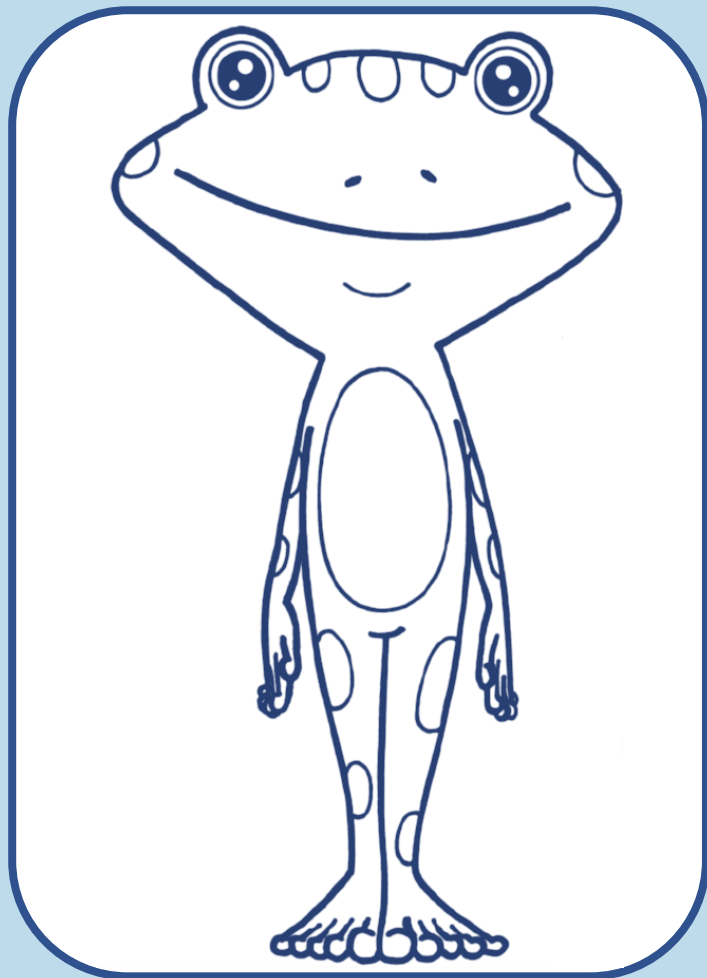
What is on your mind?  
or  
How are you feeling?







# Mindful Movement: Mountain



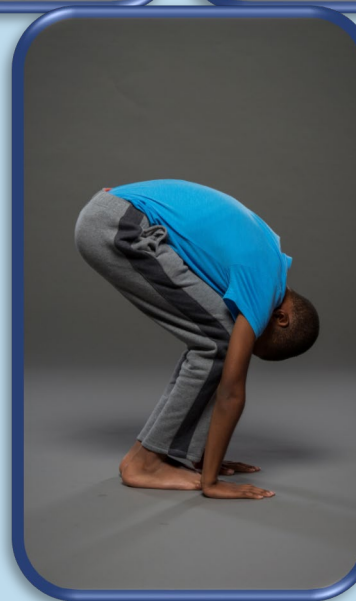
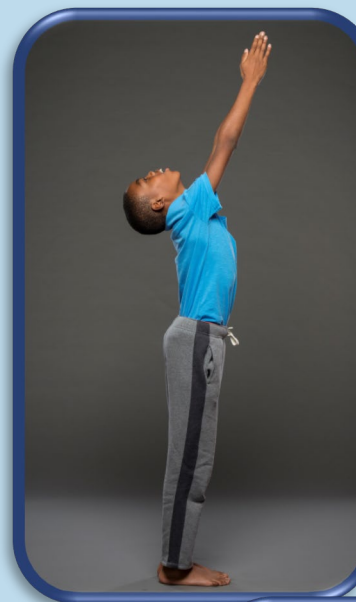
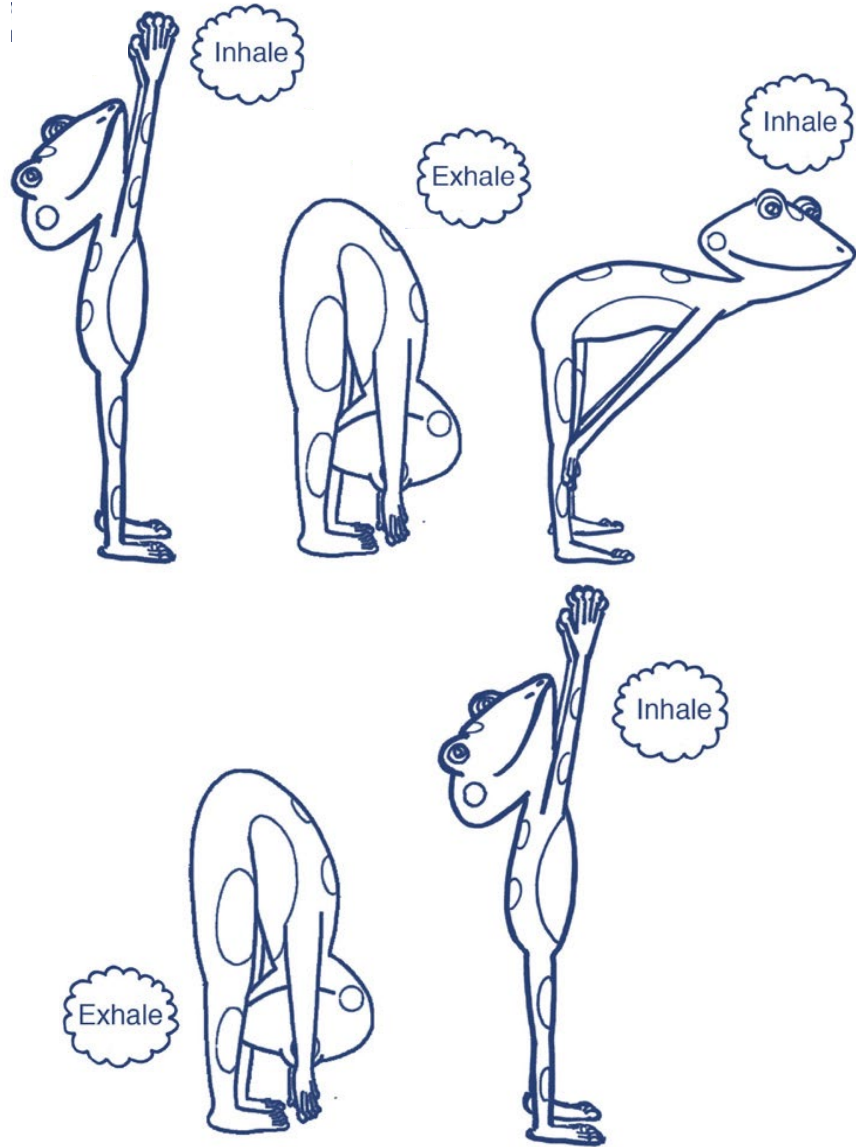
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# Mindful Movement: Half Opening Sequence A







# Mindful Movement: Star into Triangle



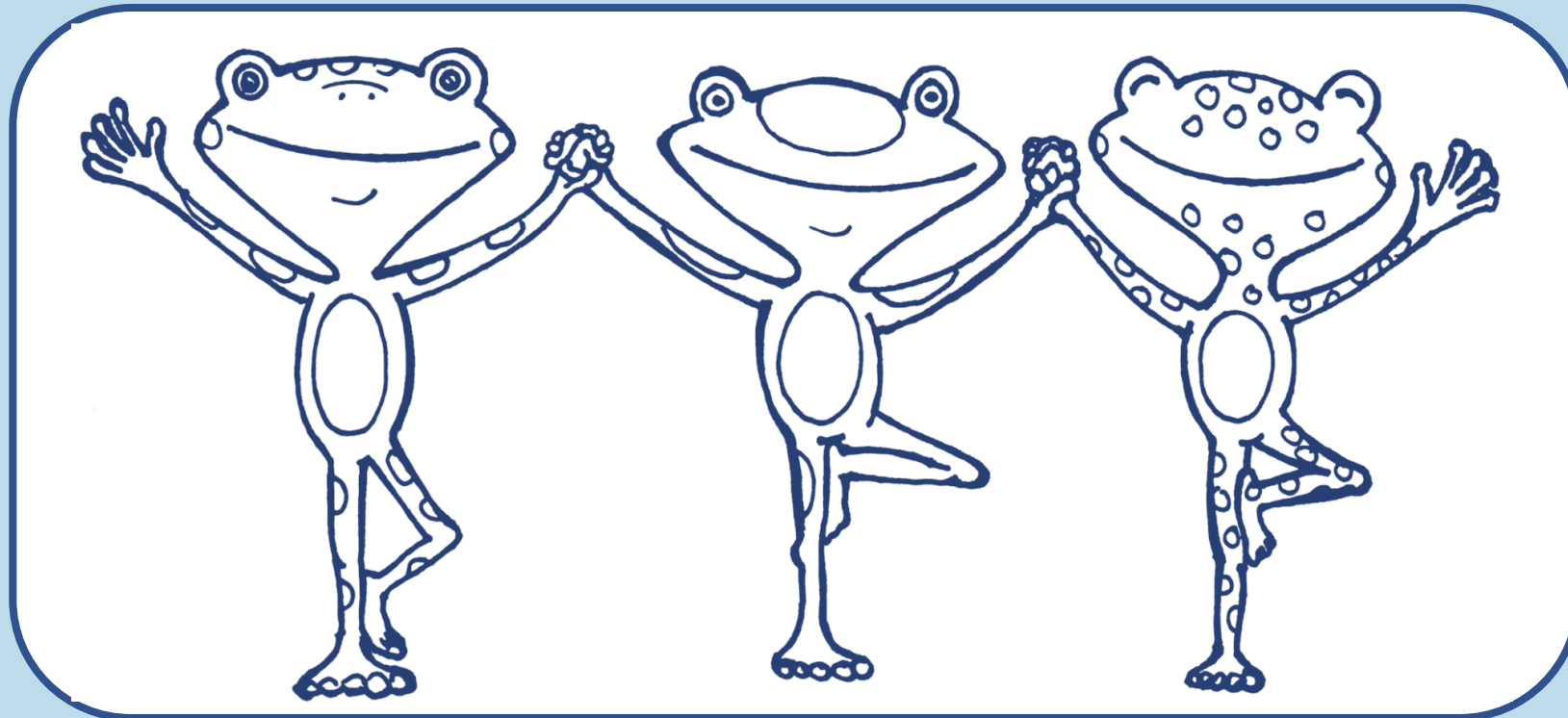
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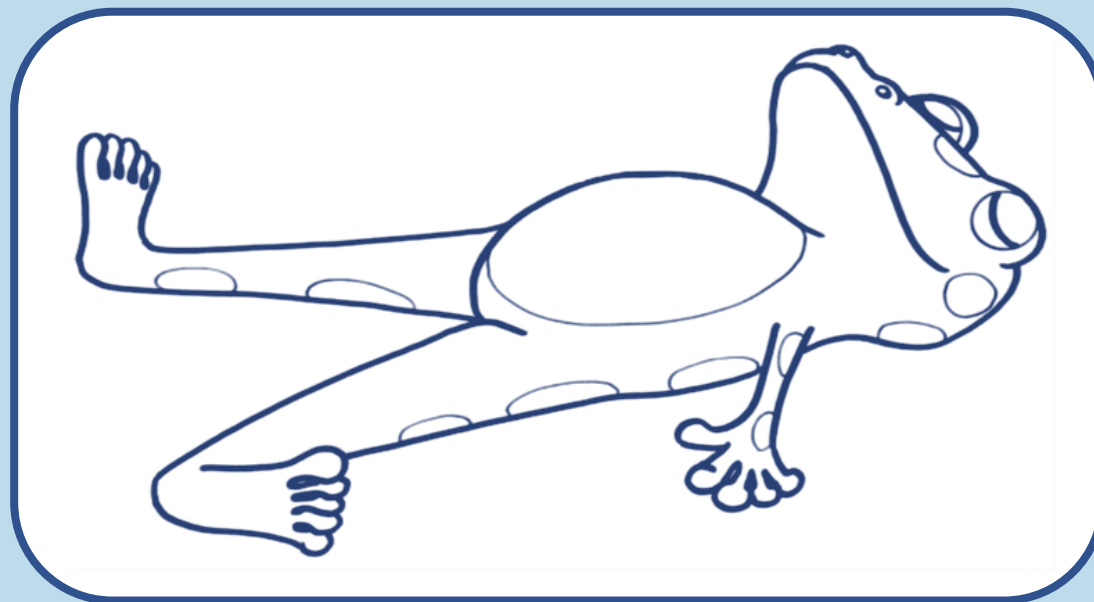


# Mindful Movement: Tree





# Mindful Movement: Guided Rest or 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

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

1. Props are helpful for engagement.
2. Encourage them to use their imaginations.
3. Keep it playful.

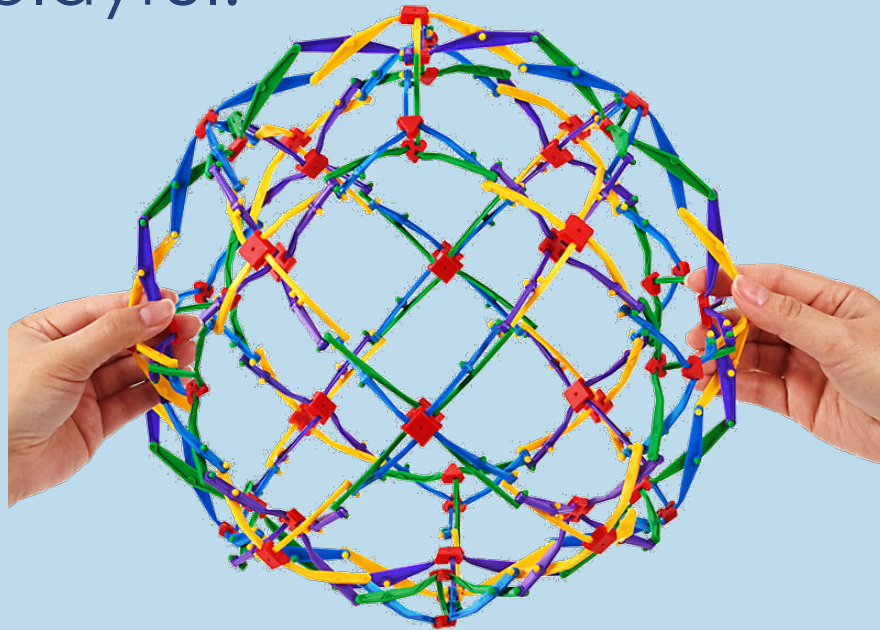


Image source: Hoberman Sphere



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# Did you know?

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American youth spend more time with media than any other waking activity: an average of 7.5 hours per day, every day.





# 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/>



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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**

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

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





## 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



# Takeaways

## Circle back:

- ❖ Always start with the breath.
- ❖ Make it fun/playful
- ❖ Check-in with the students to see how they are feeling.
- ❖ Think about how to incorporate games.
- ❖ Make sure you can be seen when presenting online content.

## Review:

- ❖ Mindful Minute
- ❖ Even In – Even Out
- ❖ Mountain
- ❖ Half Opening Sequence A
- ❖ Star into Triangle
- ❖ Tree
- ❖ Guided Rest



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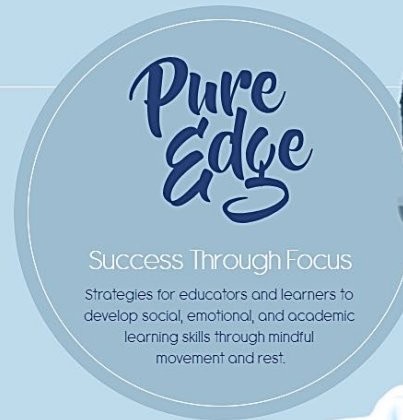
Evidence-Based Approach  
Thoughtful Partnerships  
Curriculum & Training



Online Curriculum

Log Out

+ MENU



•  
breathe

•  
move

•  
rest



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Pure Community

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