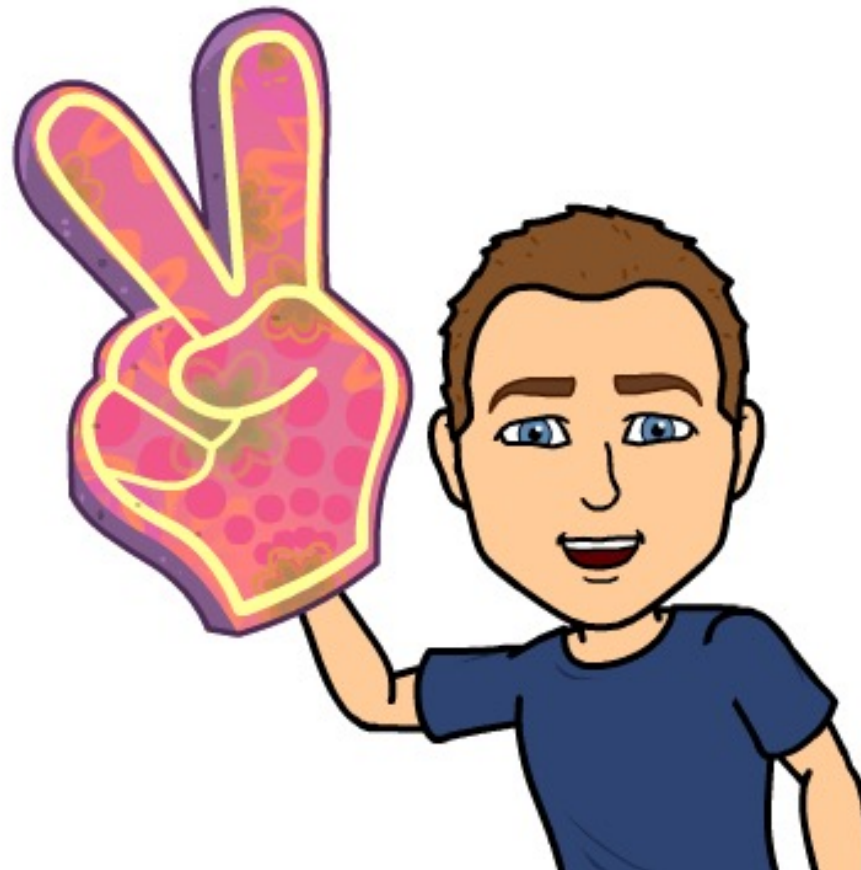


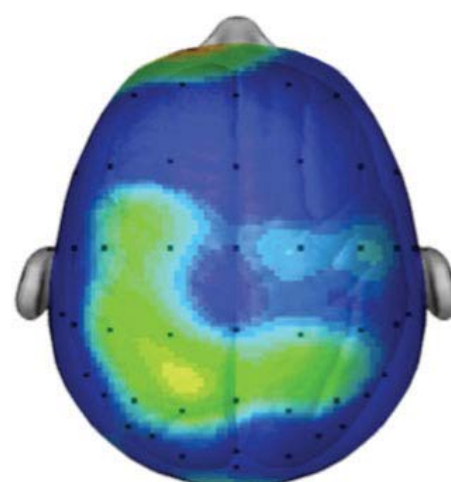
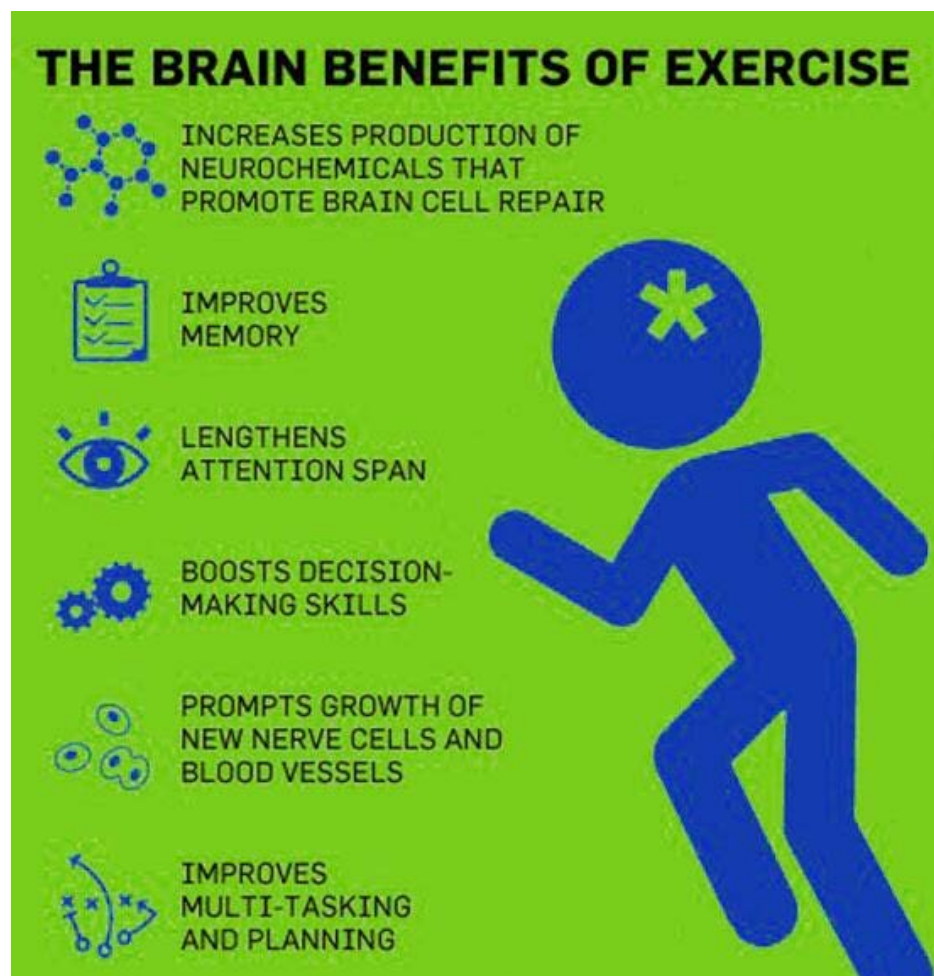
Conference Session



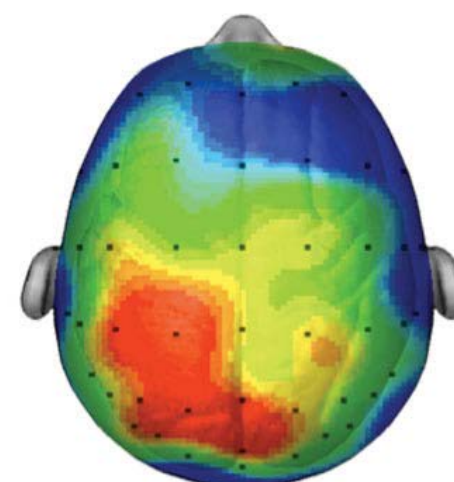
About Me



Why?



After 20 minutes of sitting quietly



After 20 minutes of walking

Research/scan compliments of Dr. Chuck Hillman, University of Illinois

Recess or Afterschool

Slam Ball

Any Ball

Air Ball

Roundnet



TACTICAL TEAM CHALLENGE CARD

Team 1 begins the challenge with an underhand toss to Team 2.
Team 2 must then complete the tactical challenge.
Change team roles after every 5 attempts.

Junior Varsity (JV) = 5 in a Row

Varsity = 10 in a Row

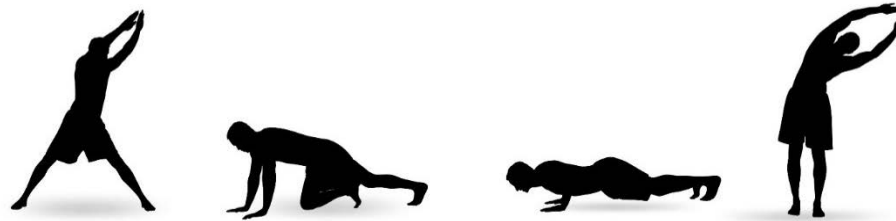
Level 1	Use 3 hits. Finish with a spike that can't be caught.
Level 2	Use 3 hits. Finish with a drop shot that lands within 1 foot of the net.
Level 3	Use 2 hits only. Finish with a spike that can't be caught.
Level 4	Use 3 hits with your non-dominant hand only. Finish with a spike that can't be caught.
Level 5	Team 1 tosses, Team 2 uses 3 hits to return a spike, then Team 1 completes 1 pass off of the spike.

Classroom Brain Boosts

High-5 Bank

JAMmin

Dance



Posse Poses

LATEST RESOURCES

JAMmin' Minute

A one-minute fitness routine that includes 5 very simple exercises that anyone can do

10.20.14 - Stomp Out Bullying



10.13.14



10.5.14 - Standing



JAM Blast

Athlete-delivered healthy living and eating messages with a coordinating 3-5 minute exercise routine

Rufus Dorsey - Fitness Expert with D-Forceforlife.com



Drew Brees, NFL - New Orleans Saints



Emma Preuschl - US



Health Newsletter

A one-page health newsletter packed full of nutrition, fitness and health tips

December



November



October



JAMmin Minute[®]

Reps	Exercise Routine: Standing
10	Windmills
10	Jumps
10	March
10	Squats
10	Bring left knee to right elbow, then right knee to left elbow

Integrated Movement

Bean Bag Activities

Fun with Scarves



**Multiple
Choice**

Roll the Dice

	RED Cardiorespiratory	ORANGE Muscular Strg/End.	YELLOW Social	GREEN Flexibility	BLUE Body Comp.	PURPLE Review
1	Invisible jump rope. Skip-count by 10s to 200.	Do (7 + 3) incline push-ups using a chair.	Tell someone your favorite thing about school.	Hamstring Stretch: Touch your toes and count to 20.	Name a food in the Dairy group of "MyPlate."	Share with your partner one thing that you have liked about this session so far.
2	Jog in place. Skip-count by 2s to 50.	Balance on 1 foot for (40 ÷ 2) seconds.	Give 3 different people a high-five.	Quadriceps Stretch: Hold heel to your bottom and count to 10 for each leg.	Name 3 different whole-grain foods.	Share with your partner one thing you hope to learn before the end.
3	Jumping jacks. Skip-count by 5s to 100.	Do (2 x 2) lunges with each leg.	Think of a sincere compliment and share it with someone else.	Calf Stretch: In plank position, reach your heels to the ground and count to 20.	Name a food in the protein group of "MyPlate."	Share with your partner one thing you enjoy the most about teaching.
4	Speed walk to 3 people and give them a fist bump.	Perform (9 - 1) vertical jumps, jumping as high as you can.	In ten seconds, name aloud all of the things that you are thankful for.	Tricep Stretch: Hug each arm across your body and count to 20.	Name 3 of your favorite fruits.	Share with your partner one hurdle you must you face at your school.
5	High Knees: Jog in place bringing each knee toward chest each step.	Perform (3 ²) squats.	Tell your partner a goal that you have for yourself.	Pectoral Stretch: Hold hands behind your back and lift up. Count to 20.	Name 3 vegetables that you would try if given the chance.	Share with your partner 1 activity that you will use next week.
6	WILD Pick and <u>red</u> task listed above!	Do (6 + 5 - 3) tricep dips using a chair.	Think of something nice to say to someone later today.	Shoulder Stretch: Hold hands above your head. Gently pull backward for count to 20.	Tell your partner how many minutes kids should be active every day?	Share with your partner one resource you use to support your teaching.

$$(2 \times 3)^2 - (5 + 4) = \underline{\hspace{2cm}}$$

15



25



27



72



What is the capitol of California?

LA



San
Diego



San
Jose



Sacramento



Other Ideas

Fitness
Portfolio

Take Home
DEAM Calendar



Internet

Staff Step Challenge

DECEMBER

DEAM Calendar

DROP EVERYTHING AND MOVE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Do the best you can until you know better. Then when you know better, do better. -Maya Angelou</i>				1 _____	2 _____	3 _____
				Check how many grams of sugar are in a can of soda. Do that # of squat-thrusts.	Stretch your hamstring by doing a toe touch.	Play outside.
4 _____ Do as many push-ups as you can.	5 _____ Make a ball using a sock. Play catch.	6 _____ Read a book while walking in place	7 _____ Take a walk.	9 _____ Check how many calories are in a piece of candy. Flap your arms that #.	8 _____ Stretch your hamstring by doing a toe touch.	10 _____ Play with a friend.
11 _____ Do as many sit-ups as you can.	12 _____ Use an invisible jump rope to practice some tricks	13 _____ Say your math facts while doing squats.	14 _____ Take a walk.	15 _____ Check how much salt is in ketchup. Side-slide in place the #.	16 _____ Stretch your hamstring by doing a toe touch.	17 _____ Pick up your room.
18 _____ Do as many trunk-lifts as you can.	19 _____ March in place for the count to 100	20 _____ Hold a plank while reciting your spelling words	21 _____ Take a walk.	22 _____ Check how much fat is in your favorite salad dressing. Do that # of crunches.	23 _____ Stretch your hamstring by doing a toe touch.	24 _____ Help with the dishes.
25 _____ Do as many jumping jacks as you can.	26 _____ Hop on each foot 10 times.	27 _____ Pump your arms while naming all the states	28 _____ Take a walk.	29 _____ Check the Total Carbs on any food label. Do that # mountain climbers.	30 _____ Stretch your hamstring by doing a toe touch.	31 _____ Get some yard work completed.

DEAM Days:

“Super Sunday”

“Move More Monday”

“Two-on Tuesday”

“Walking Wednesday”

“Think-It Thursday”

“Flexibility Friday”

“Sit-less Saturday”



Animals
Martin Garrix

0:04 / 3:08

Final Thoughts and Questions

