



# Physically Active Classrooms Institute

## Making the ConneCTion

### Physical Activity and Academic Achievement

Feb. 9 & 28, 2012, 8 a.m. – 3 p.m.  
Registration opens at 7:30 a.m. (snow dates: 2/10, 2/29)

CREC Medical Professions and Teacher Preparation Academy, 10 Univac Lane, Windsor, CT 06095

In order to reach the recommended 60 minutes of daily physical activity, today's students need opportunities for physical activity beyond what is offered in physical education class. Schools can help children and adolescents become more physically active and fit by providing a wide range of accessible, safe and affordable opportunities to be active. This is important because:

- physical activity improves academic performance;
- children who are more physically active tend to perform better academically;
- increased physical activity is linked to improved cognitive functioning and improved mental well-being, both of which support learning;
- children who are physically fit are likely to have stronger academic performance;
- activity breaks can improve cognitive performance and classroom behavior; and
- chronic sedentary behavior compromises children's ability and achievement.

#### Make your classrooms more physically active!

School-based teams of three to five are invited to participate in this two-day institute. Each team will receive a tool-kit of items to incorporate into their classrooms to make learning more physically active. We encourage each team to include a physical education teacher, classroom teacher and an administrator. **All team members are required to commit to attend both days of training.**

As a result of participating in this workshop, attendees will:

- Acquire knowledge, tools and resources needed to incorporate physical activity into the instructional day;
- Learn how to adapt activities to ensure students with special needs can participate in physical activities in the classroom setting; and
- Be able to prepare others in the academic setting to incorporate physical activity in the classroom.

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ConneCTions



[www.ct.gov/sde/healthyconneCTions](http://www.ct.gov/sde/healthyconneCTions)

**Audience:** Classroom teachers, physical education teachers  
and administrators

**Facilitated by:**

• **Dr. Jean Mee**

Consultant for Health Education and Physical Education

• **Kari Sullivan**

Physical Activity, Nutrition and Tobacco Coordinator

**Fee:** \$35/person (includes breakfast and lunch)

**CEUs:** 1.2 (0.6/day)

**Register by:** 1/26/12

**Course #:** 1125300716



#### REGISTRATION

Register online at <http://www.registereastconn.org>. Click on the "Register Here," button under the workshop title. Create an account or log-in using your 4 digit PIN number and a valid purchase order (P.O.) number from your school. Note: If you are paying by personal check and not using a P.O., you will receive a confirmation via e-mail to send in with your check.

If you have questions regarding registration, or have difficulty using the online form, e-mail [conferenceoffice@eastconn.org](mailto:conferenceoffice@eastconn.org), or call 860-455-1533. Weather-related closings or delay information can be found online the day of the event at [www.eastconn.org](http://www.eastconn.org), click on "Cancellations" or call 860-455-0420.

#### Partners:

Action for Healthy Kids; Alliance for a Healthier Generation  
Connecticut Alliance of YMCAs; Connecticut Department of Public Health; Gopher Sport, New England Dairy and Food Council; Pioneering Healthier Communities; Recess Rocks; Yale-Griffin Prevention Research Center