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Objective

Participants will: Use exercise, an evidence-based practice, to promote positive student outcomes as outlined in the Kansas Vision for Education through the use of high-leverage practices.

When I think about the benefits of short exercise breaks what comes to mind?
Evidence-Based Practices

- National Professional Development Center
- National Standards Project
- Reliable support through research
- Program or practice works
Exercise

Ages 3-14

- Motor
- Behavior
- School-readiness
- Academic

Physical activity in which we engage in order to achieve a healthier level of physical fitness.
## Rationale

<table>
<thead>
<tr>
<th>Increases:</th>
<th>Decreases:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Academic engagement</td>
<td>□ Inappropriate behaviors</td>
</tr>
<tr>
<td>□ Time on task</td>
<td>□ Aggression</td>
</tr>
<tr>
<td>□ Correct responding</td>
<td>□ Self-injury</td>
</tr>
<tr>
<td>□ Task completion</td>
<td>□ Self-stimulatory behavior</td>
</tr>
<tr>
<td></td>
<td>□ Time off task</td>
</tr>
</tbody>
</table>

## Implementation

- Identify potential activities
- Develop an exercise plan
- Plan for needed supports
- Obtain and organize materials and equipment
- Teach the learner the exercise routine
- Reinforce engagement in and completion of the exercise activity
Identify potential activities

What are some activities you have used?

Wall push-ups
Crab walking
Stairs
Scooters
Develop a plan

- Length
- Duration
- Frequency
- Level of exertion
- Schedule prior to more challenging activities
Plan for needed supports

- Visual supports (picture cards, written descriptions, a schedule, or a timer)
- Peer or adult support
- Modifications to make activities more appealing
- Reinforcement of engagement

Visual Supports
Visual Supports

Peer or adult support
Embedding choice

Obtain and organize materials and equipment

Before beginning the routine make sure you have all materials and equipment.
Teach the routine

- Individualized process
- Use visual cues as needed
- Reference visual schedule
- Model
- Prompt as needed (visual, verbal, or physical)

Reinforce engagement in and completion of the activity

- Consider individual reinforcement
- Reinforce both engagement in the activity and completion of the activity
What questions do you have?

Next steps

- Use this strategy
- Share results on google group
- Student
- Skill
- Results
When I think about exercise what outcomes might occur as a result of highly structured exercise breaks?

Resources

National Professional Development Center
10 Simple Activities to Encourage Physical Activity in the Classroom

Free from Dr. Chris Reeve at Autism Classroom Resources
Resources

Raising an Extraordinary Person

References