

Oklahoma City, OK ABL TRAINING

Training: June 12 (Monday) - 14th (Wednesday)

Time: 9am - 4pm

Training Location:

Coolidge Elementary

5212 S Villa Ave, Oklahoma City, OK 73119

Mon-Wednesday: 9:00am-4:00pm Distance to Hotel: 6 miles

We plan to start at 9am sharp each morning! If you are local, please meet at the training site- Coolidge Elementary by this time each morning.

Group Rate Hotel:

Sheraton Oklahoma City , OK

1 N Broadway Ave

Oklahoma City, OK 73102

If you are staying at our group rate hotel, we ask that you meet in the lobby by 8:15am, if you would like to follow the group driving over to the training site which is about 6 miles away. This will also be the time we can "condense" the group and carpool, if desired. The group staying at the hotel will need to leave the hotel by 8:30am each morning. Based on the registrations we received, most of you will have transportation so there will be no bus necessary at this training, However- if you would like to carpool, please meet in the lobby.

Attire: Wear comfortable clothes- you will be moving throughout the day! We encourage you to bring a water bottle- as you know, it is hot this time of year! Please note **We will be hosting SPIRIT day on Wednesday** - Wear attire representing your favorite team! Feel free to go ALL OUT! The winner will be awarded a prize at the end of the day

What to Bring: Just yourself! Feel free to bring a notebook or laptop to take notes, but not required

Training Materials: You will be provided a special link at the training and a password. This will give you access to all training materials, and take home handouts. Feel free to reference this site anytime after the training for your own personal use! [ABL ATTENDEES PERSONAL LINK](#) - Please note your password will be provided ON SITE at the training.

Contact Information DAY OF TRAINING:

Dana Chambers - [405-570-3223](tel:405-570-3223)

Traci Lengel - [570-947-4608](tel:570-947-4608)

Cindy Hess- [717-808-6533](tel:717-808-6533)

ABL Support Team- [301-233-7577](tel:301-233-7577)

Agenda

Monday

9-12 MORNING SESSION with Cindy Hess

12-1pm Lunch (Green & Grilled)

1-4pm AFTERNOON SESSION with Traci Lengel

Tuesday **FIELD TRIP!**

9-11:00am MORNING SESSION will be held at Hupfeld Academy

- Please meet directly at Hupfeld Academy by 9am
- 1508 NW 106th St, Oklahoma City, OK 73114
- Dana Chambers & Cindy Hess will be presenting with hands on application in the lab!
- After the field trip, the group will drive back to Coolidge to eat lunch

11:30am-12:30pm Lunch (Panera Bread Company)

12:30pm-4pm AFTERNOON SESSION with Dana Chambers & Cindy Hess

Wednesday **SPIRIT DAY!!**

**Wear attire representing your favorite team! Feel free to go ALL OUT! The winner will be awarded a prize at the end of the day!

9-11:45am MORNING SESSION with Traci Lengel

11:45am- 12:45am Lunch (Chik Fil A)

1-4pm AFTERNOON SESSION + CERTIFICATE CEREMONY Traci Lengel

Agenda Traci Lengel

- I. Introduction to the Kinesthetic Classroom
 - A. Are you a kinesthetic learner?
 - B. Do you use movement in the teaching and learning process at this time? If so, please share some examples.
 - C. What is happening to the attention span of students in the 21st Century Classroom?
 - D. What is Kinesthetic Furniture? How can it be used effectively in today's classrooms with P.R.I.D.E.?
 - 1. P – Provides a Community Connection
 - 2. R – Recharges and Refocuses the Brain
 - 3. I – Increases Physical Activity and Fitness Levels
 - 4. D – Develops the Brain and Body
 - 5. E – Enhances Content, Learning and Memory
 - E. What is the 4 Part Framework "Movement with Purpose": Take Your Position, Ready, Set, Go. What is one quick example of each purpose?
 - 1. Create Cohesion - Scatter
 - 2. Prepare Brain – Head, Shoulders, Knees & Toes
 - 3. Brain Breaks – Foot Pass
 - 4. Fitness Challenges – Wall Seat Challenge
 - 5. Review Content – Hot Potato Review
 - 6. Teach Content – Cardinal Directions

- II. Take Your Position: Gain Knowledge, Know Research, Recognize Benefits – Become a successful kinesthetic education.
 - A. Love your profession, make learning fun.
 - B. The research is there, the decision is yours.
 - C. Top 10 benefits of using movement in the classroom to optimize the teaching and learning process.
 - 1. 85% of students are predominately kinesthetic learners
 - 2. Refocuses attention
 - 3. Makes content/learning meaningful
 - 4. Improves brain function
 - 5. Meets basic human needs
 - 6. Provides a multi-sensory approach
 - 7. Differentiates instruction
 - 8. Reduces stress and increases alertness
 - 9. Improves oxygen and blood flow
 - 10. Improves memory and recall

BONUS: Makes learning fun – what better way to enhance motivation in education!

- III. Ready: Devise a Plan, Create Cohesion – Develop strategies and build comfort.
 - A. Devise a plan
 - 1. Class fluidity
 - 2. Classroom Management
 - 3. The Driver's Test
 - 4. Start small, think BIG
 - B. Create Cohesion
 - 1. Name Pass
 - 2. Balloon Tap
 - 3. Duck and Point
 - 4. Circle Challenges

5. C-ya Tag

IV. Set – Prepare Brain, Brain Breaks, Fitness Challenges – Energize the brain and make connections.

A. Prepare the Brain

1. Grapevine
2. Criss-Crosses
3. One-Legged Hop and Spin
4. 360-Degree Spin
5. Tree
6. Arabesque
7. Line Jumps
8. Box Jumps

B. Brain Breaks

1. Rock-Paper-Scissors Gotcha
2. Beanbag Challenges
3. Relaxation Activities

C. Fitness Challenges

1. Max 60 Muscular Challenges
2. Max 60 Cardiorespiratory Challenges
3. Max 60 Yoga Challenges
4. Max 60 Sport Challenges
5. Fitness Games

V. Go: Review Content, Teach Content – Unite academics and movement.

A. Review Content

1. Body Writing
2. Red-Light-Green-Light
3. Cardio Review
4. Stomp
5. Spin to Win

B. Teach Content

1. Vocab Taps
2. Country vs. City
3. Colon-Semi Fist Bump
4. Odd and Even Fist-Bump Friends
5. Clusters
6. The Integer Dance
7. Magnet Tag
8. The Immune System
9. The Conquering of the Aztecs
10. Running for President