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The Caring Classroom: Adventure Education & PE

June 17, 2010
Aspira Haugan School

8:30 am - 3:30 pm
6 CPDUs

These in-service trainings will support learning through the use of movement. The first workshop will focus on creating a safe and inviting place to learn, while the second workshop will make the connection between activity and academic content.

This Caring Classroom in-service training will directly address the use of physical activities through Cooperative Learning and community building in the classroom. Participants will experience the process and will participate in activities that can be used to promote fitness and wellness. Particular emphases will be: Wellness, fitness, community building, academic content, and achievement. Discussion will include adaptation of activities to address a variety of needs and to facilitate inclusion. A variety of activity levels will be presented designed to encourage movement – from low level to moderate and vigorous physical activity.

Experiential philosophy and methodologies create the foundation for these workshops. This means that we will live the model by participating in an intentional sequence of activities that provide guided discovery for learners. The process will be made transparent through discussion and sharing of pertinent theory and models to support the learning process. We will explore why these methods work, what these methods are, and how to implement these methods in an educational setting. Participants will leave with ideas that can be put into practice in their particular settings.

Participants will receive 6 CPDUs for attending this workshop.

This workshop will be lead by Laurie Frank, author of [Journey to the Caring Classroom](#) and nationally renown experiential educator and professional development trainer.

Cost: \$150 per participant (Free for teachers in the PEP – Aspira Program)
Location: Aspira Haugan School, 3729 W. Leland Ave., Chicago, IL 60625

PEP Workshop: Combining a Caring Classroom with Movement

Draft Agenda

I. Prologue

- A. Introductions
- B. Flow of the workshop
- C. Ground Rules
- D. Warm up activities: Different activity levels. Process ways to adapt activities for students with disabilities.

II. Why Activity in the Classroom: Supporting Health and Academic Goals

- A. Brain research
- B. Neurogenesis, absence of threat
- C. Obesity issues (average death - in their early 40's)
- D. Bullying & Safety – creating community

III. Joining Community Building with Fitness Goals

- A. Community definitions – pair/share – definitions
- B. Fitness Goals: Types of exercise: **Connectors:** Flexibility, **Heart:** cardiovascular, **Muscles:** strength/endurance
- C. Sequencing of activities
- D. Science and Art (Sequence & Flow)

IV. How do we Support the Process and Engage Students?

- A. Empowerment and dealing with resistance
- B. Ownership: Inviting into the process
- C. Creating Routines and Consistency
- D. Presenting activities, processing experiences

V. Closing

- A. Review and reflection of the day
- B. Reading
- C. The next workshop will address connecting activity with lifeskill/asset development and academic content.