Meaningful Moves: The Power of Intention

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Play is the highest form of research.

Albert Einstein

Live less out of habit & more out of intent.

Everyone you meet is fighting a battle you know nothing about. Be kind. Always.

We need to make the positive so loud that the negative becomes almost impossible to hear.
LOCO(motor) Challenge

- Running
- Skipping
- Leaping
- Gallop
- Sliding
- Walking
- Hopping
Learning Objectives

- interpret the powerful connections between PE, executive function, and SEL
- design purposeful activities to support the whole child
- analyze current practice and reflect on intention

tinyurl.com/meaningfulmoves
"Conversation Swap"

☑ Partner 1: Talker
☑ Partner 2: Listener
☑ Weekend Activities
☑ Favorite Vacation
☑ Hobbies
Executive Functions of the Brain

- **Conscious Control**: Think before you act
- **Engagement**: Ability to inspire and influence others
- **Collaboration**: “I can” mindset - Ability to put a plan in motion and carry it out
- **Empowerment**: Ability to set goals, manage time, and reflect
- **Efficacy**: Ability to realize what I need and how to get it to solve a problem
- **Leadership**: Ability to grapple with content, see connections between cause and effect

*Dr. Nancy Sulla*
Executive Functions of the Brain
Executive Functions of the Brain

- Organization
  - Cognitive Flexibility
  - Working Memory
  - Planning
  - Reasoning

- Self-Regulation
  - Inhibitory Control
  - Self-Awareness
  - Problem Solving
Social Emotional Learning Competencies

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making
Tic-Tac-Toe
Reflection

What Executive Functions and SEL Core Competencies were you exercising?
Social Emotional Learning Competencies

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making
Head & Shoulders
Reflection

What Executive Functions and SEL Core Competencies were you exercising?
Social Emotional Learning Competencies

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making
A Time to Reflect
Student Self-assessment
The Power of Positivity

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We just wanted to drop you a note in the spirit of Thanksgiving and tell you that we’re so grateful to have the opportunity to teach your child. They are a talented student, but also have an awesome attitude, show great sportsmanship, set a good example, and are just a blast to get to stay in class. We truly appreciate having students like yours and just wanted to say thanks for raising a great kid.

Me, Marsh, and Mr. Pudy
Health and Physical Education

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Gratitude Challenge

We challenge all teachers to send a positive note to 5 parents explaining how grateful you are to teach their children. I just wanted to drop you a note in the spirit of Thanksgiving and tell you that I’m so grateful to have the opportunity to teach your child. They are a talented athlete, but also have an awesome attitude, show great sportsmanship, set a good example, and are just a blast to get to stay in class.

I truly appreciate having students like yours and just wanted to say thanks for raising a great kid.

We dare you to make someone’s day.

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I just wanted to reach out and let you know that I received the nicest email from [name] today. He just wanted to share with me how much he enjoys having my daughter Lucy in his class. What a nice surprise to receive such an email, especially from a PE teacher who sees so many students each day and week, and who I know is extremely busy.
As a result of this presentation, I will...

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