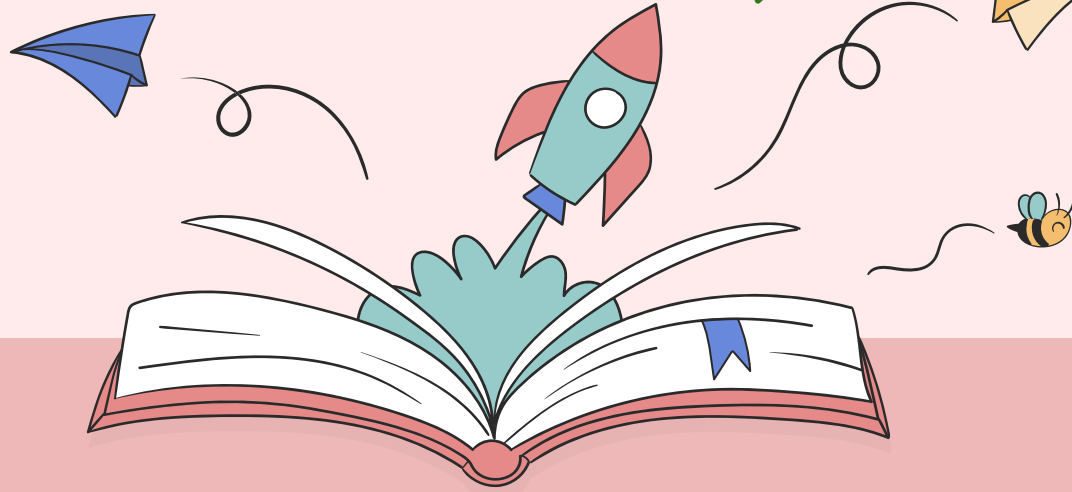


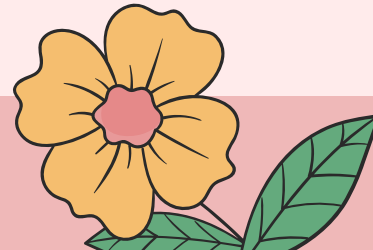
Meaningful and Moving Words: **Incorporating Literacy (Read Alouds) and Language Arts in P.E.**

Presenters: Angie Ellis - Northwest Local Schools (Canal Fulton) & Heather Barbour - Mt. Vernon City Schools



How we incorporate reading into our lessons


*Aren't we supposed to **MOVE** in
Physical Education?*





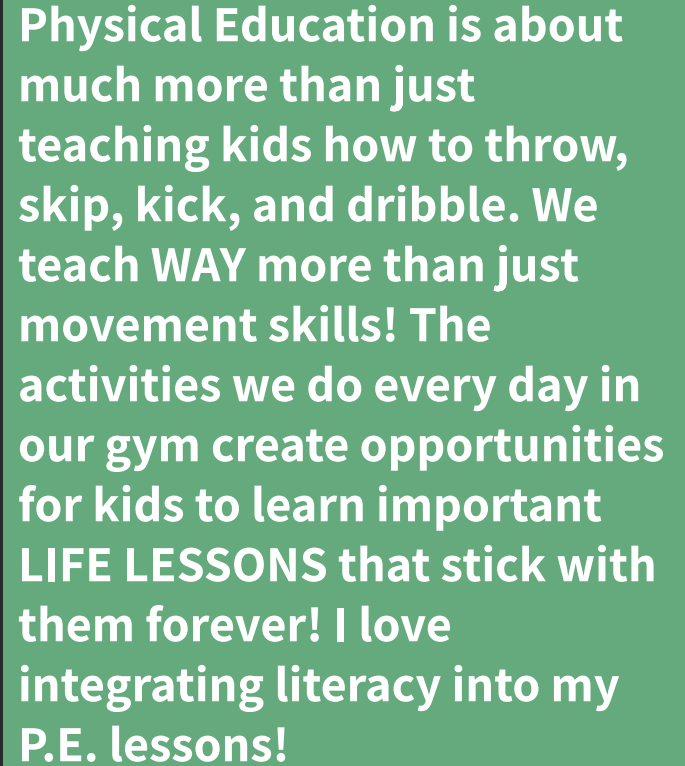


PE BOOK SHARE!!   

**INTEGRATING LITERACY THROUGH
READ ALOUDS IN PE HELPS CREATE
CROSS-CURRICULAR CONNECTIONS,
REINFORCING SOCIAL, PHYSICAL AND
ACADEMIC SKILLS.**



Physical Education is about much more than just teaching kids how to throw, skip, kick, and dribble. We teach WAY more than just movement skills! The activities we do every day in our gym create opportunities for kids to learn important LIFE LESSONS that stick with them forever! I love integrating literacy into my P.E. lessons!



Some of the many wonderful stories I read to children in my P.E. classes teaching students about kindness, sportsmanship, the importance of leading a physically active, healthy lifestyle and so much more!



PE BOOK SHARE!!



"READING ALOUD WITH CHILDREN IS KNOWN TO BE THE SINGLE MOST IMPORTANT ACTIVITY FOR BUILDING THE KNOWLEDGE AND SKILLS THEY WILL EVENTUALLY REQUIRE FOR LEARNING TO READ."

**- COMMISSION OF READERS
(US DEPT OF ED)**



READING ALOUD TO KIDS...



BUILDS EMPATHY



CREATES A LIFELONG LOVE OF READING



IMPROVES LANGUAGE AND LISTENING SKILLS



FACILITATES IMPORTANT AND/OR DIFFICULT CONVERSATIONS



ACTIVATES AND EMPOWERS IMAGINATION



IS FUN!

www.jarrettlerner.com

Successful Read Alouds in P.E.



There are many components that go into having a successful read aloud experience...especially in P.E.! One of these include the position of students in relationship to the book that is being read out loud. It is very important that all students are able to see the pictures!! When I read a story in P.E., I always read it at the end of class during our cool down/calm down time. Students gather in the center circle of the gym, which gives everyone a good view of the book, which keeps them more engaged, and creates a better overall read aloud experience.



Once you begin reading, you will quickly find that students will begin to make many connections to the story! While this is awesome, don't feel obligated to take all the questions/comments while you are reading. It is perfectly fine to tell them to save their questions and comments until the end. When you stop too many times during the story, it's like watching a great show with too many commercials, and people start to lose interest.

TIPS FOR SUCCESS

SIT UP STRAIGHT

SPEAK CLEARLY

KEEP A GOOD PACE

ENJOY THE BOOK

PE BOOK SHARE!!   









You can also have students do read alouds, which is very rewarding! Sometimes I have my 2nd graders read a cool down story to the kindergarteners if it is an easy book they can read and are comfortable with reading in front of the class.



There are so many benefits of including a read aloud in P.E. Class. Personally, I find the greatest benefit is in building student/teacher relationships. Building positive relationships with students from Day 1 is the key to classroom management, and read alouds create a great space for this to happen.

8 STUDENT BENEFITS OF READING ALOUD



-  Enhances literacy and reading skills
-  Enhances language skills
-  Better concentration and discipline
-  Improves performance in school
-  Widens imagination
-  Promotes healthy brain development
-  Keeps them entertained
-  Builds teacher/student relationship

Favorite Books to Read to K-2 Students

Great Books to Read in P.E.

List Created by Elementary Physical Educators: Angie Ellis - Northwest Local Schools, Canal Fulton & Heather Barbour - Mt. Vernon City Schools

Books about Sportsmanship/Winning & Losing

- [Winners Don't Whine and Whiners Don't Win](#) by Julia Cook
- [Mia Hamm Winners Never Quit!](#) by Mia Hamm
- [If Winning Isn't Everything, Why Do I Hate to Lose?](#) by Bryan Smith
- [Sally Sore Loser: A Story About Winning and Losing](#) by Frank J. Sileo
- [Howard B. Wigglebottom Learns About Sportsmanship: Winning Isn't Everything](#) by Howard Binkow
- [Evie's Field Day: More than One Way to Win](#) by Claire Noland
- [How to Win the Gold Medal in Pajamas: Mental Toughness for Kids](#) by Kobe Nhin and Mary Nhin
- [I'm Not Afraid of Losing...Anymore](#) by Alison Collier
- [Sometimes You Win—Sometimes You Learn: For Kids!](#) by John C. Maxwell
- [The Hard Hat for Kids: A Story About 10 Ways to Be a Great Teammate](#) by Jon Gordon and Lauren M. Gallagher
- [I Really Want to Win](#) by Simon Phillip

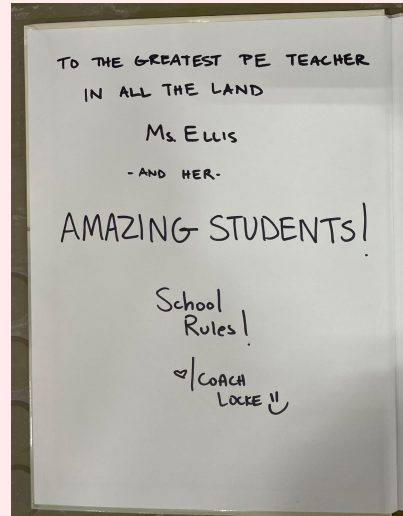
Great Book to Read at Beginning of School Year about Rules

- [School Rules Stories of Love Elementary](#) by Marguerite Locke

- Books about Sportsmanship/Winning & Losing
- Great Book to Read at Beginning of School Year about Rules
- Kindness/Friendship Books
- Books about Diversity and Inclusion
- Stories that Students Can Move To/Physical Activity Books
- Books about P.E., Fitness, Health & Nutrition
- Books About Personal Space
- Christmas Stories related to P.E.
- Great Social-Emotional Learning Books to Read in P.E.

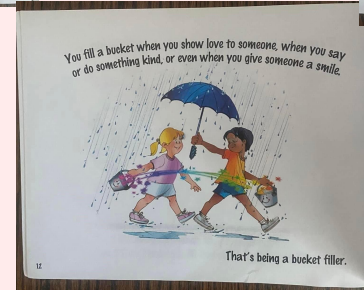
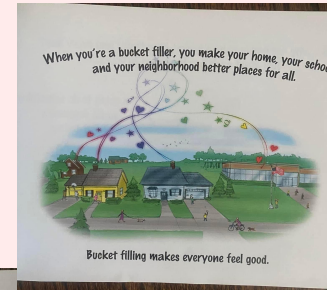
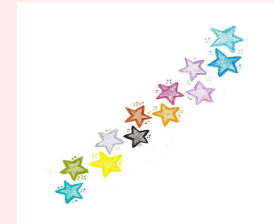
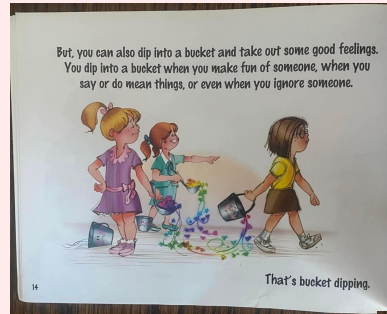
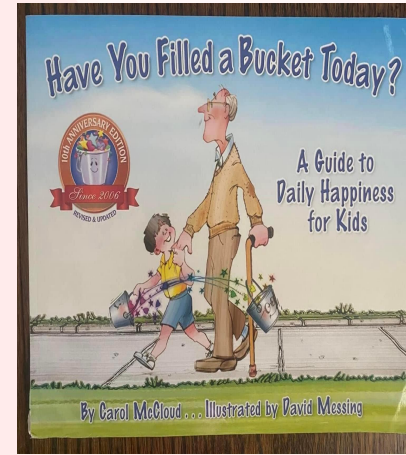
[Link to Book List](#)





Two of my favorite books to read in P.E. are “School Rules: Stories of Love Elementary” and “Kindness Wins.” They are written by an Elementary Physical Educator, Marguerite Locke and are based on her actual P.E. classes, students, and lessons. I read “School Rules” to all classes during the first couple weeks of school when establishing my rules and procedures. This is a great book to start the year off by addressing the biggest P.E. problems before they occur. “School Rules” shows students how their actions affect not just themselves, but also how the class and teacher respond to them.

Another great story I like to read to classes at the beginning of the school year with a very important life message is "Have You Filled a Bucket Today?" This heartwarming book encourages positive behavior as children see how very easy and rewarding it is to express kindness, appreciation, and love on a daily basis. We want students to learn to be bucket fillers not bucket dippers! Just like any new skill we learn in P.E., it takes practice, and with practice, students will become great bucket fillers!



INCLUSION UNIT

How can I incorporate social skills into PE using books?

Students can relate to stories and characters in books, giving them “real world” examples on how to include others that may be different than them.

Special Ways to Move

How/why movement looks different for each kid

Different Ways to Communicate

How we can “talk” without talking

Introducing Competition

How to not lose what you learned

Changing our Thinking

New students, invitations to play, not leaving others out

How to Treat Others

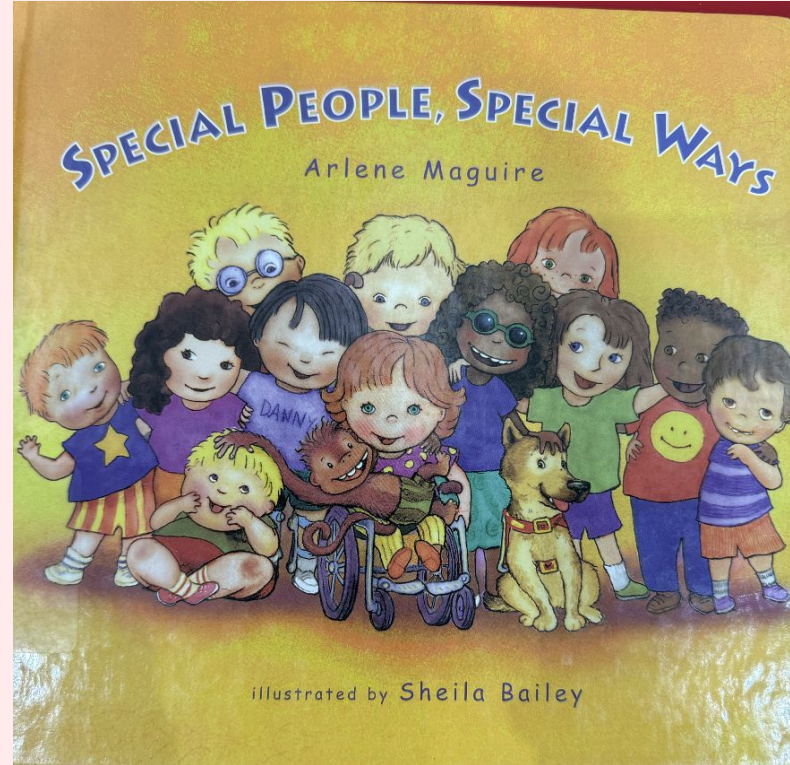
What inclusion looks like

Lessons

Lesson	Word	Meaning
1	Special Ways to Move	Move + Freeze, Various Tag Games
2	Changing our Thinking	“Do you want to Play?”
3	Different Ways to Communicate	“Communication Train”
4	How to Treat Others	“Clump” and “Sinking Islands”
5	Introducing Competition	Partner Competition (Head, Knees, Cone),

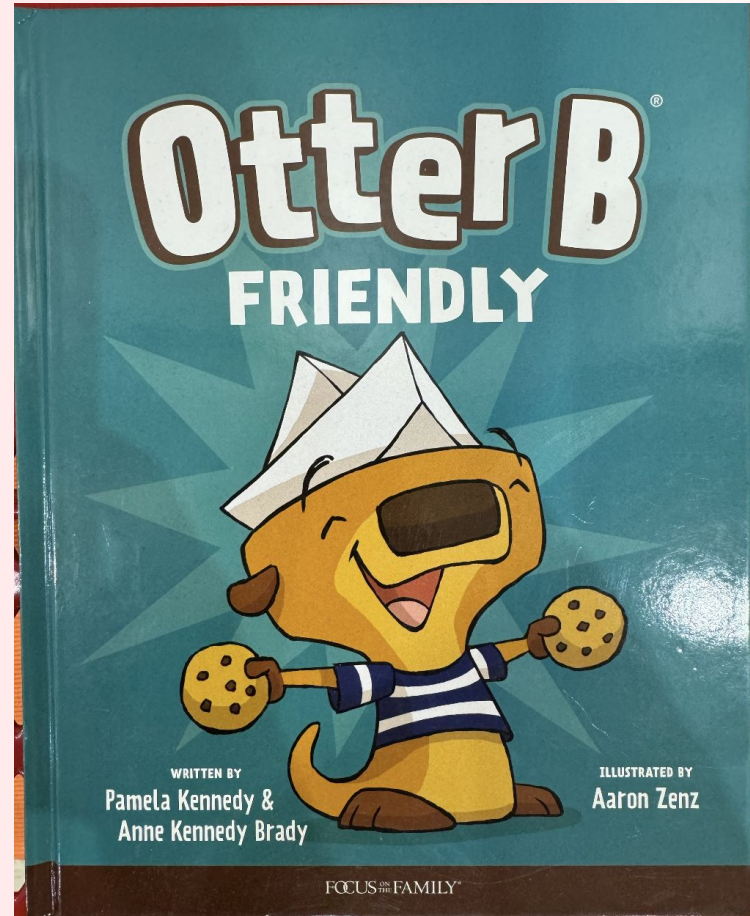
Let's talk about our Differences!

- Move and Freeze
- "Step in" or "Cross the Gym"
- Tag Games with Variations
 - *Crawling, on Scooters
 - *Eyes Closed
 - *No speaking



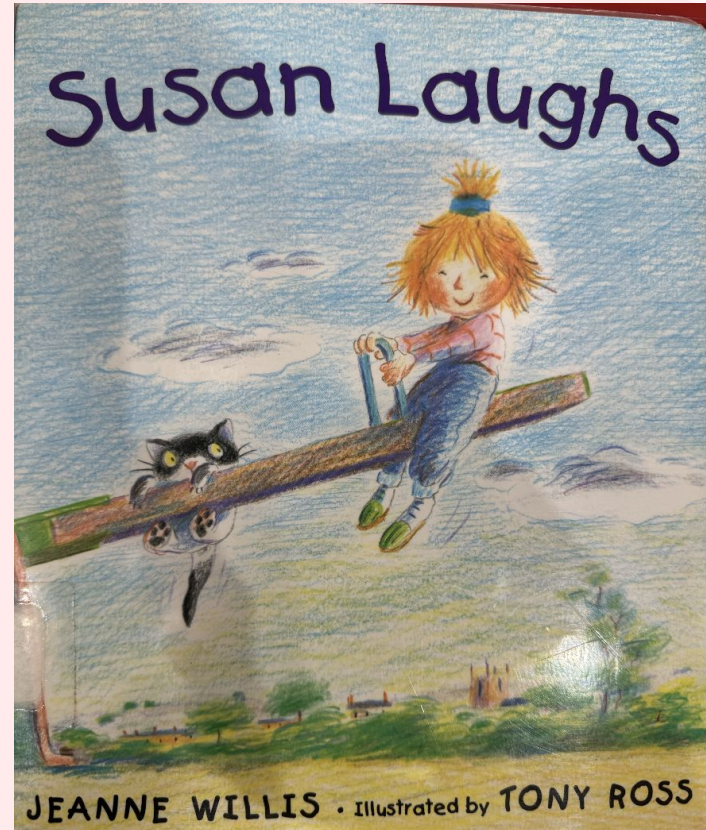
Changing our Thinking

- “Do you want to Play?”
(Bear, Cat, Fish)



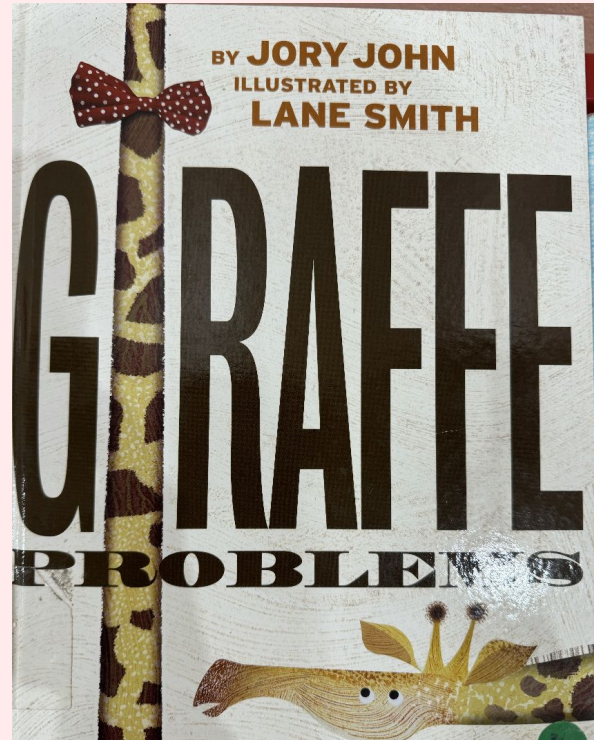
Different Ways to Communicate

- "Birds in a Nest"
- Telephone "Communication Train"
- Line up by.....without talking!
- Spaceships Collecting Space Trash (without talking)
- Alt. Blindfolded picking up items



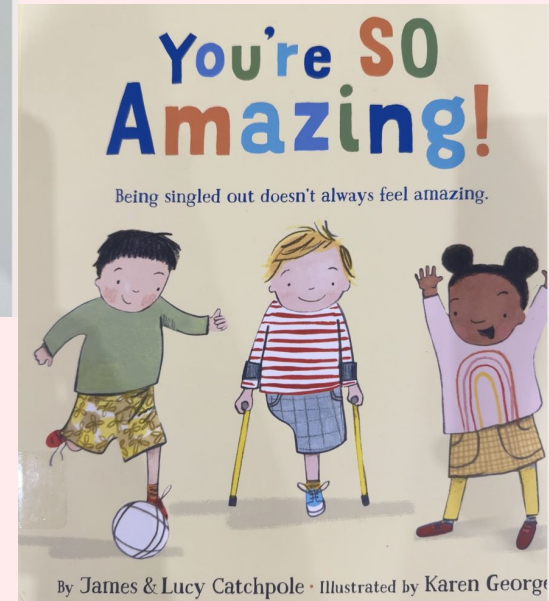
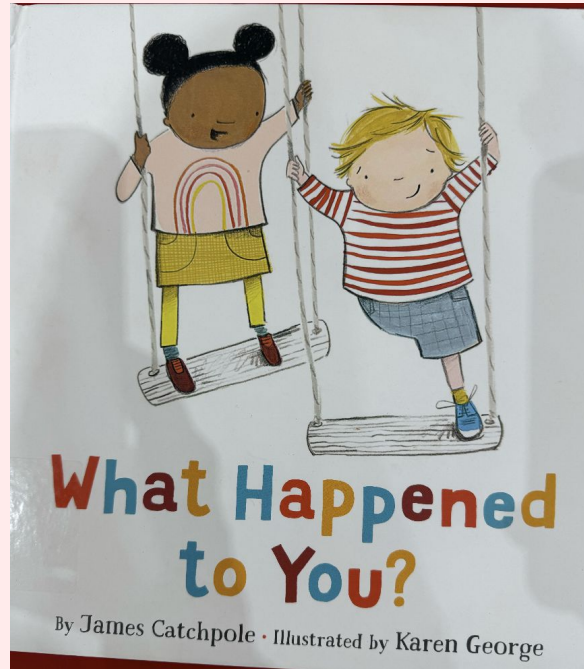
How to Treat Others

- Clump
- Musical Hoops
- Any competitive game!



How to Treat Others

- Floor is Lava
- “Find something in common...”



Introducing Competition

- Head, Shoulders, Knees, Toes
- Rock, Paper, Scissors Baseball
- Tag
- Circle Jump Rope

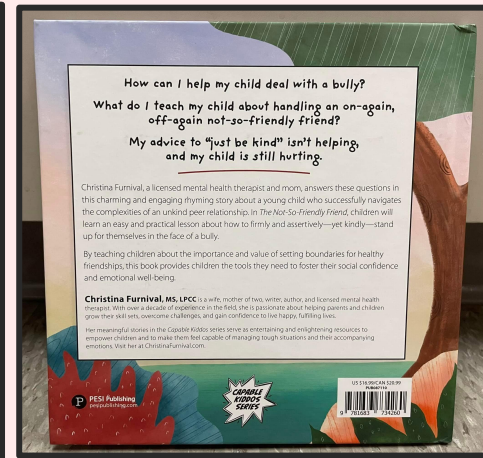
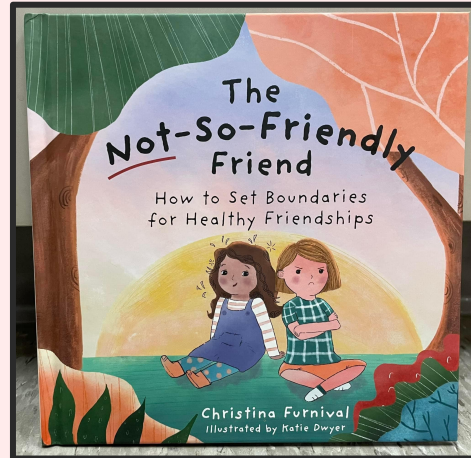


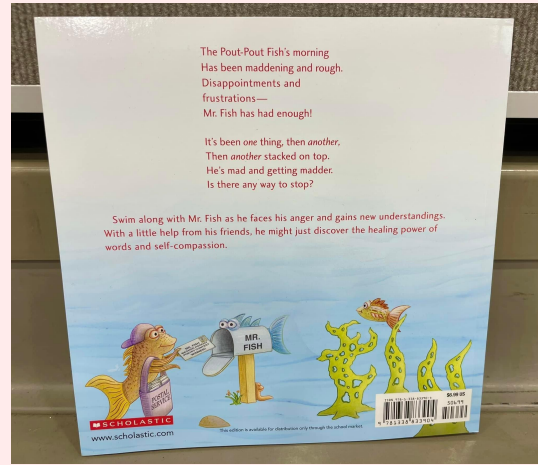
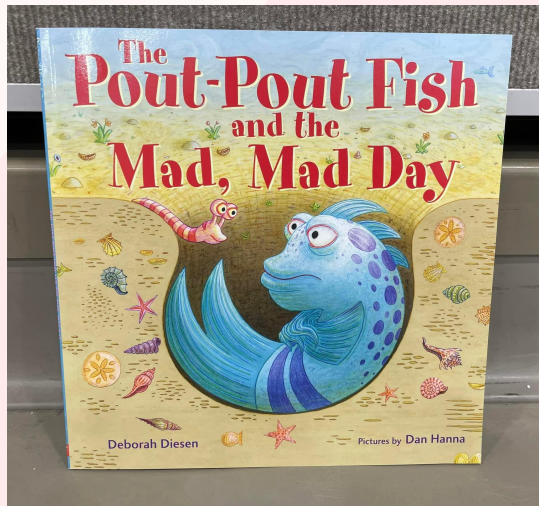
Kindness Week



Our school has a “Kindness Week” every year during the week of Valentine’s Day. I read several stories about kindness during this week that lead to great discussions about what happens when someone isn’t being kind, isn’t being a good friend, bullying, and much more!

I really love this book, "The Not-So-Friendly Friend: Setting Boundaries for Healthy Friendships." I read it to all classes during Kindness Week as our cool down story at the end of class. This book very simply explains that if a 'friend' is teasing you or putting you down, you can choose to not play with that person until they change their behavior. This book helps students better understand not only how to set boundaries within friendships, but it also shows what it actually means to be a true friend. This is a great book for P.E., as so many of the disagreements or hurt feeling situations that occur in P.E. are often among friends. This concept is so important to understand, and mastering this skill will definitely increase personal happiness and success in P.E. class, school, and life!





This is a great SEL story that I like to read to students in P.E. during their cool down at the end of class that talks about how to deal with big emotions such as anger, fears, doubts, and frustrations. This story teaches an important message about the healing power of words and self compassion when things aren't going our way.



“The more you read, the more
you know,
The more you learn,
The more places you will go!”

—Who wrote this?



Dr. Seuss Week

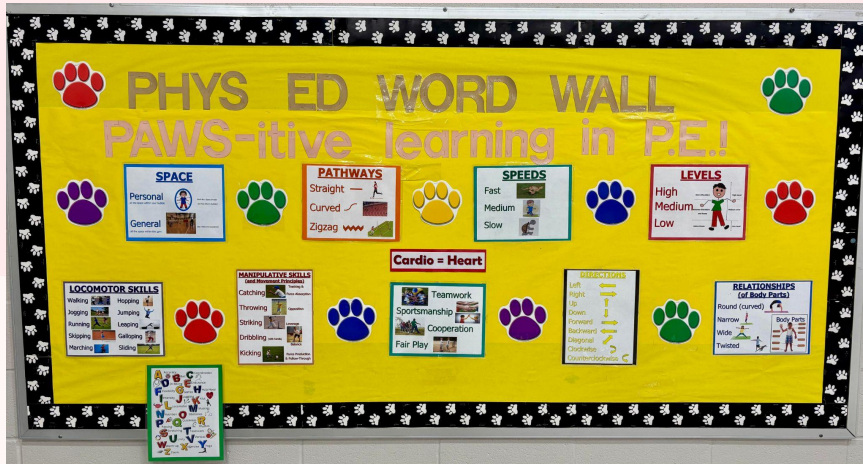


A simple Dr. Seuss activity I do during Dr. Seuss Week goes along with the book, "Marvin K. Mooney Will You Please Go Now!" After first listening to the full story being read, the second time through, every time students hear the word "Go!" being read, they take turns with their teammates racing chips down to their team's frisbee and back! The word "Go!" is read 34 times in the story! At the end of the story, teams count all their chips to see if they had the correct total of 34. This activity really tests students' listening skills 🗣️ and stamina!



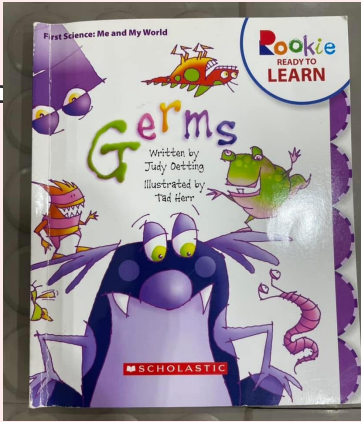
Integrating Language Arts into P.E. Lessons

I love to creatively integrate other academic content such as spelling, vocabulary, letter recognition, reading sight words, counting, addition, subtraction, and so much more in my P.E. lessons...and my General Ed. Teachers and Administrator love it too! Physical Education is an excellent setting to integrate and reinforce concepts from the general education classroom, whether the subject is Language Arts, Math, Science, or Social Studies. For starters, movement is exciting and fun for the students. Further, research has found a link between physical activity and improved learning. It also helps students make meaningful connections in content areas across the curriculum.



- **ABC's of Handwashing/Germs Lesson**
- **Scrabble Island**
- ***Go, Dog. Go!***

ABC's of Handwashing/Germs Lesson



This is a great lesson to teach students how germs are spread and how to properly wash our hands.



[Link to ABC's of Handwashing/Germ Epidemic Lesson Plan](#)



Scrabble Island



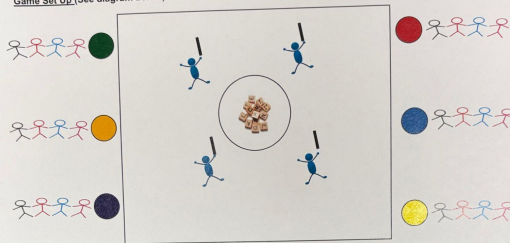
Scrabble Island

Players needed: 4-6 teams, equal number of players on each team

Equipment: 6 hula hoop of different colors, 2-4 swim noodles cut in half, scrabble letter pieces (many)

Space: Gymnasium

Game Set Up (See diagram below): Set up the space as shown below.



Prep/Advance Planning: I bought a box of large scrabble letters from Five Below that are perfect for this activity! Or you can easily make your own.

Number of Letters: A Scrabble set contains 9 A's, 2 B's, 2 C's, 4 D's, 12 E's, 2 F's, 3 G's, 2 H's, 9 I's, 1 J, 1 K, 4 L's, 2 M's, 6 N's, 8 O's, 2 P's, 1 Q, 6 R's, 4 S's, 6 T's, 4 U's, 2 V's, 2 W's, 1 X, 2 Y's, 1 Z, and 2 blanks.

Number of Points Per Letter: A-1, B-3, C-3, D-2, E-1, F-4, G-2, H-4, I-1, J-8, K-5, L-1, M-3, N-1, O-1, P-3, Q-10, R-1, S-1, T-1, U-1, V-4, W-4, X-8, Y-4, Z-10.

Object of the game: The object of this is to be the team that creates the most words with the most points.

Rules of the game:

1. On the start signal (whistle / go), one player at a time from each team runs out to the objects, picks one up, and returns to their team.
2. After tagging the returning player's hand, the next player leaves.
3. If you get tagged before entering the center circle or when leaving the center circle, you turn is over
4. Taggers will use a half swim noodle for tagging.
5. Play for 3-5 minutes. Give each team a chance to create words. Check words for correct spelling.
6. Choose different taggers.

Variations:

1. Play for a certain amount of time (2-3 minutes), the team with the most objects wins.
2. Change the locomotor movements (skipping, galloping, backwards, etc.)
3. Choose the size limit of the words: younger students 2-3 letter words, older students 3-4 letter words
4. Allow student with disabilities to adjust the rules (place items on a table, go with a partner, longer noodle, etc.).



[Link to Scrabble Island Lesson Plan](#)

Go, Dog. Go!

Students physically act out the story *Go, Dog. Go!* with hula hoops. They love racing their "cars" around the outside track and the "dog party" at the end of the story with free hoop play!

Go,
Dog. Go!

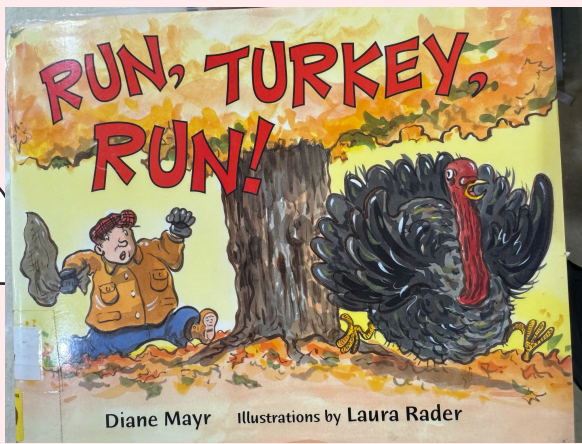
BRIGHT-AND-EARLY
Board Books



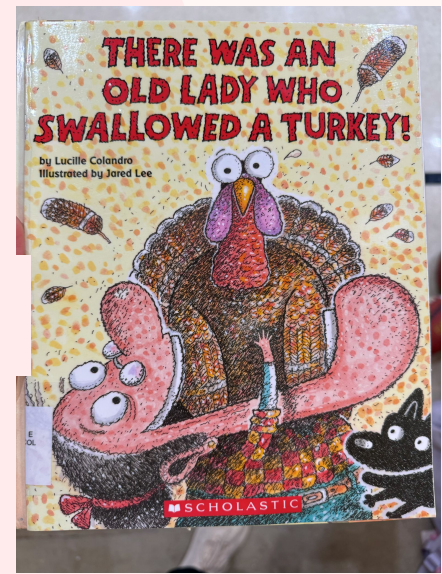
P. D. Eastman's
Book of Things That Go

[Link to Go, Dog. Go!](#)
[Lesson Plan](#)





“Turkey Trot”

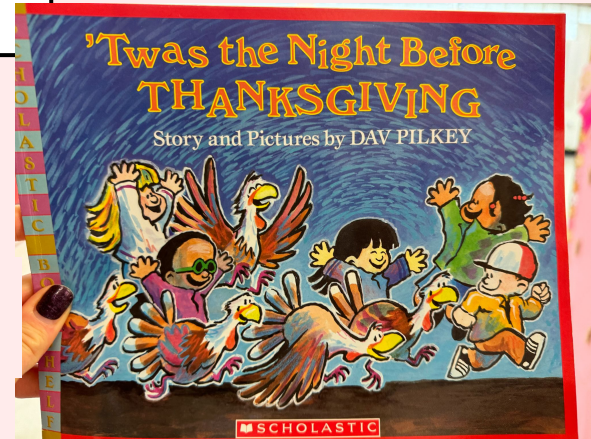


“Don’t Drop the Turkey!”

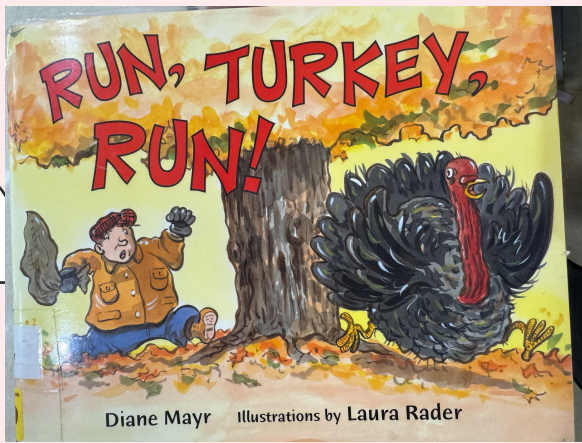
Holiday Books



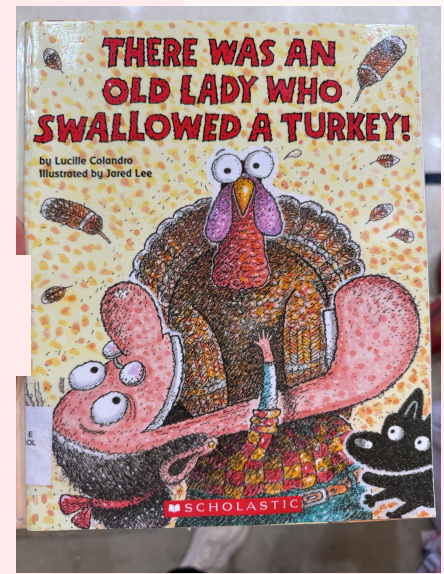
“Leaf Thief”



“Turkey Tag”



“Turkey Trot”

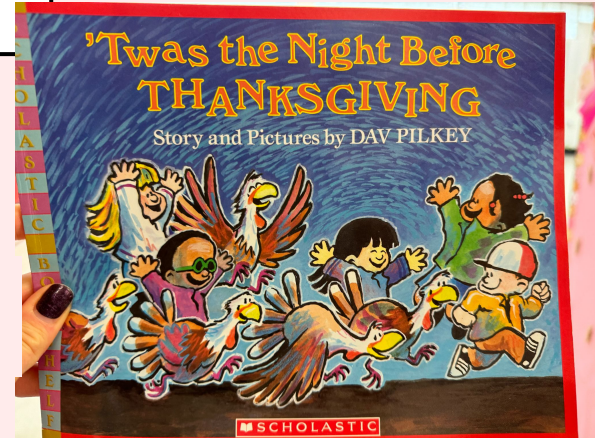


“Don’t Drop the Turkey!”

Holiday Books

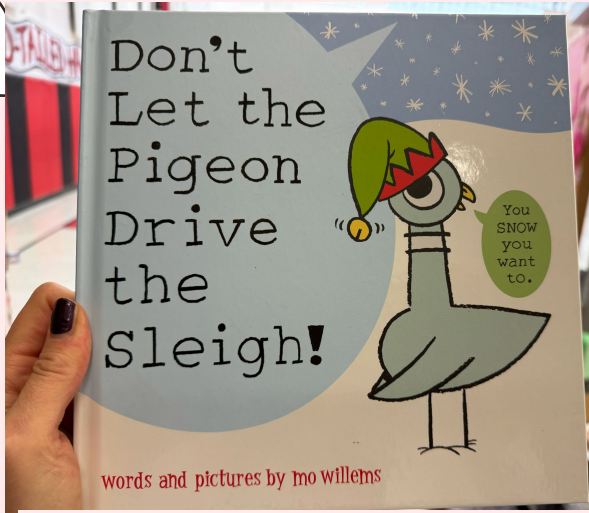


“Leaf Thief”



“Turkey Tag”

Holiday Books



"Pigeon Driving School"



Cute story about the importance of exercise to stay fit to read as a cool down for a holiday lesson.



Act out story with "Leaping" or "Cross the River"

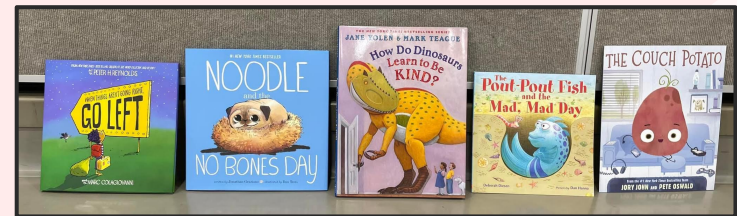


Wear Can I Get Books for Read Alouds?

- School library (Ask your school librarian for books to borrow!)
- School Book Fairs (I get \$50 to spend at every book fair where I buy 3-4 new books to add to my P.E. library twice a year!)
- Amazon Wish List (I have created a *Wish List* of books I would like to add to my P.E. library that parents can donate.)
- Donations from parents/families. (Now that the parents of my students know that I do read alouds in my P.E. lessons, which they absolutely LOVE, I have received several nice books they have donated to my P.E. library as gifts during Teacher Appreciation Week, Christmas, or simply as thank you's for a job well done!)
- Classroom Teachers (I have borrowed books from other teachers, or I have even had other classes donate books to my P.E. library!)

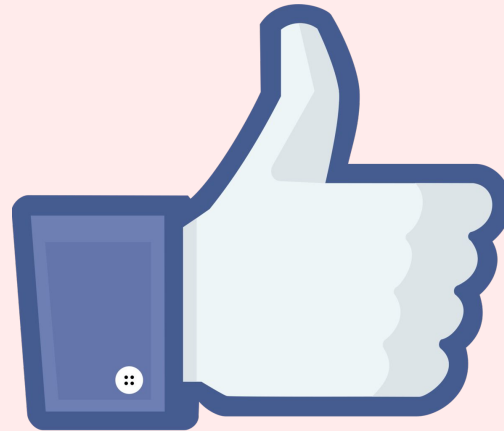


Miss Ellis' P.E. Library



Wonderful Resource for Read Aloud Ideas:

**PE BOOK SHARE!!
Facebook Page**



Thanks!

Do you have any questions?

Reach out if you have any questions or need more resources!

Angie Ellis: angela.ellis@nw.sparcc.org

Heather Barbour: Hbarbour@mvcasd.us



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