



STAY ACTIVE

INSTRUCTIONS

Classroom based physical activity (CBPA)

What is CBPA?

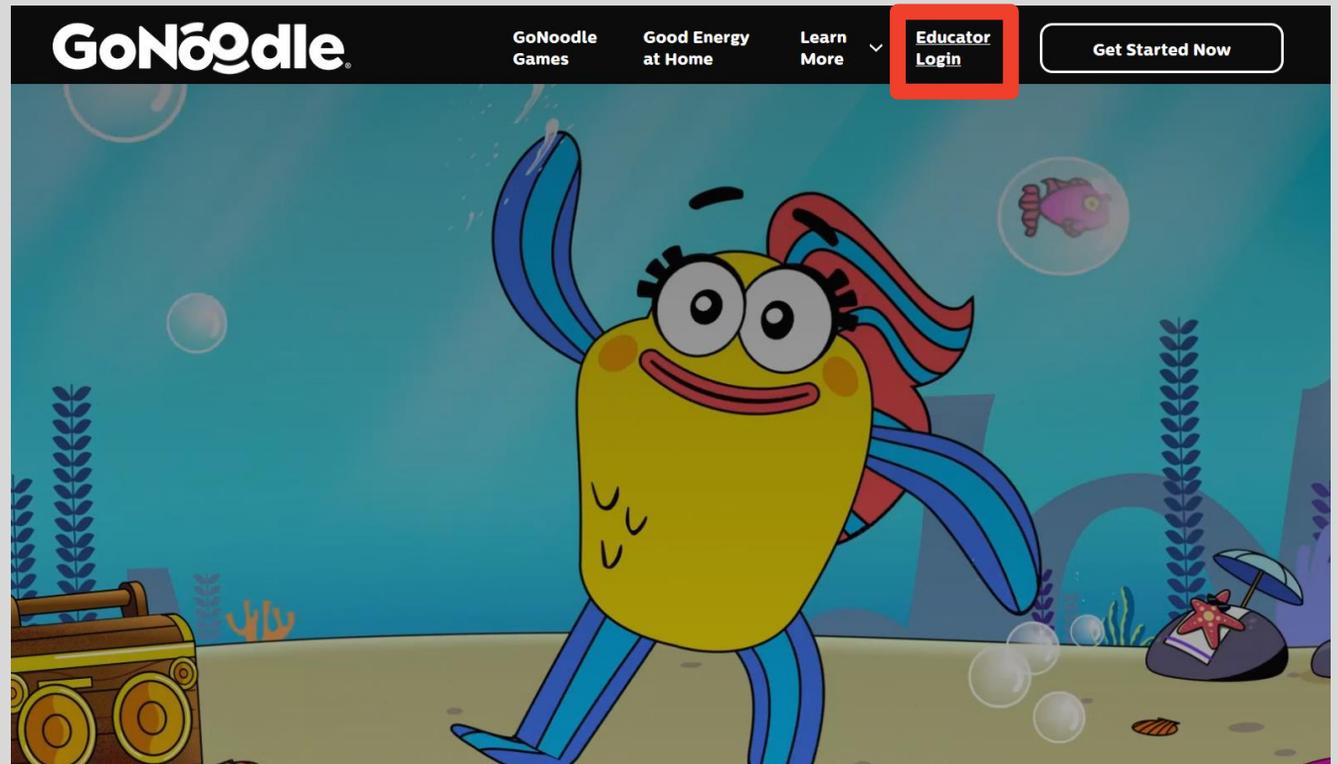
- Incorporates physical activity in classroom-based instruction
- Provides breaks from academic instruction
- Supplemental to physical education

Why is CBPA important now?

- Given current remote instruction due to COVID-19, youth sedentary behaviors have increased
- CBPA will help decrease this sedentary time and increase the amount of physical activity
- It will help students increase classroom engagement online and increase their ability to stay on task in the classroom

GoNoodle

- We will provide you resources on GoNoodle, which includes socioemotional activities along with physical activities.
- Link: <https://www.gonoodle.com/>
 - Select Educator Login on the top Right



GoNoodle

- Select sign up for a free educator account (highlighted in red)
- If you already have a login created, go ahead and sign in!

GoNoodle

Educator Login

Not an educator? Try [GoNoodle for Families](#).

Log In

Connect your classroom:  **Log In with Clever**

[Forgot password?](#) **Sign up for a free educator account!**

[GoNoodle Privacy Policy](#)

Protected by reCaptcha: [Privacy](#) and [Terms](#)



GoNoodle

- You can either sign up with email or Clever! Once you fill out the information, you will have an account!

The GoNoodle logo is displayed in white text on a black, rounded rectangular background in the top left corner of the page.

Educator Sign Up

Not an educator? Try [GoNoodle for Families](#).

Sign Up with Email

C

Sign Up with Clever

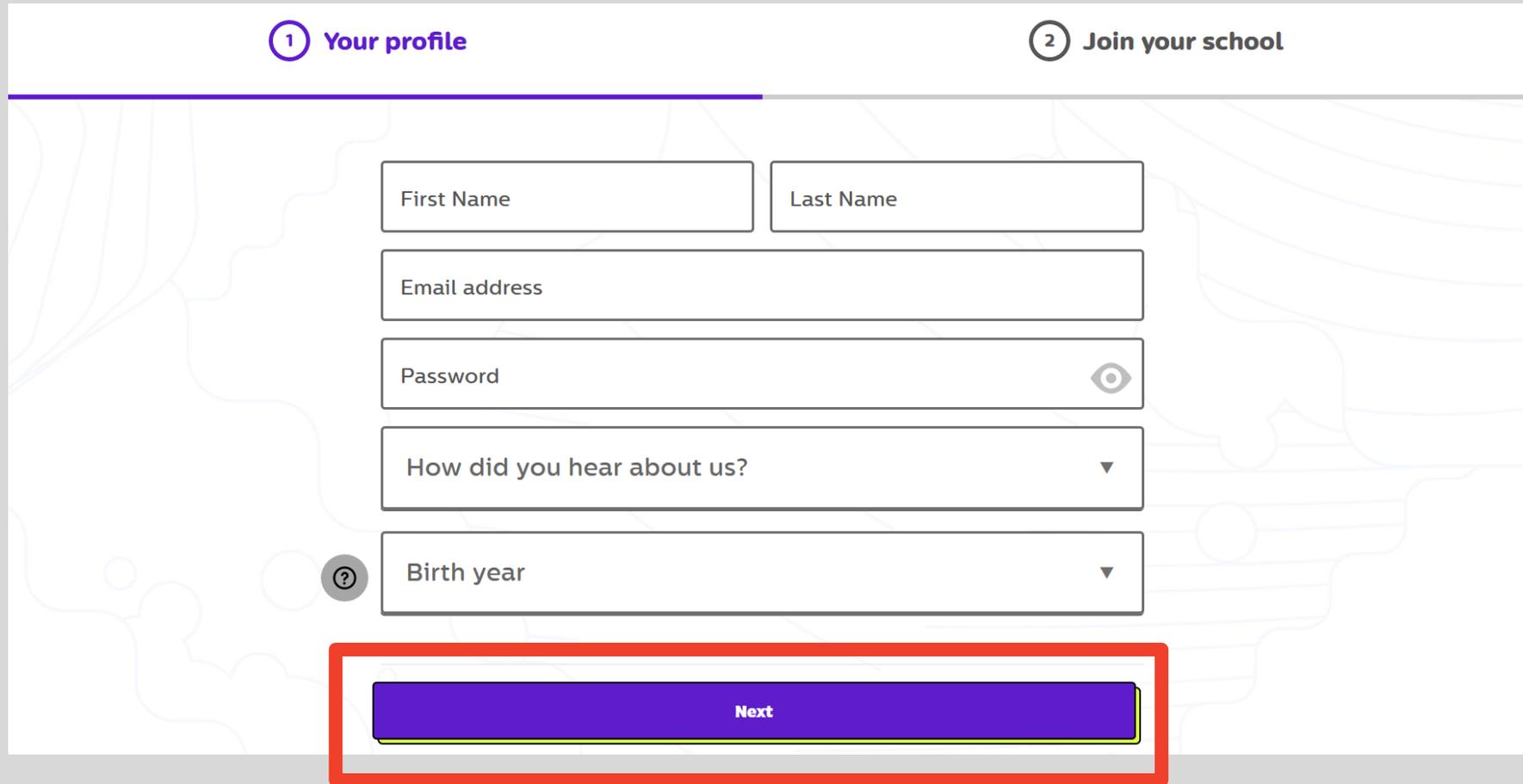
[GoNoodle Privacy Policy](#) [Educator Login](#)

Protected by reCaptcha: [Privacy](#) and [Terms](#)



GoNoodle

- Type your information in and click next!



The image shows a registration form for GoNoodle. At the top, there are two steps: "1 Your profile" and "2 Join your school". The "Your profile" step is active, indicated by a purple line. The form contains several input fields: "First Name", "Last Name", "Email address", "Password" (with an eye icon for visibility), "How did you hear about us?" (with a dropdown arrow), and "Birth year" (with a dropdown arrow and a question mark icon). A purple "Next" button is highlighted with a red border.

1 Your profile

2 Join your school

First Name

Last Name

Email address

Password

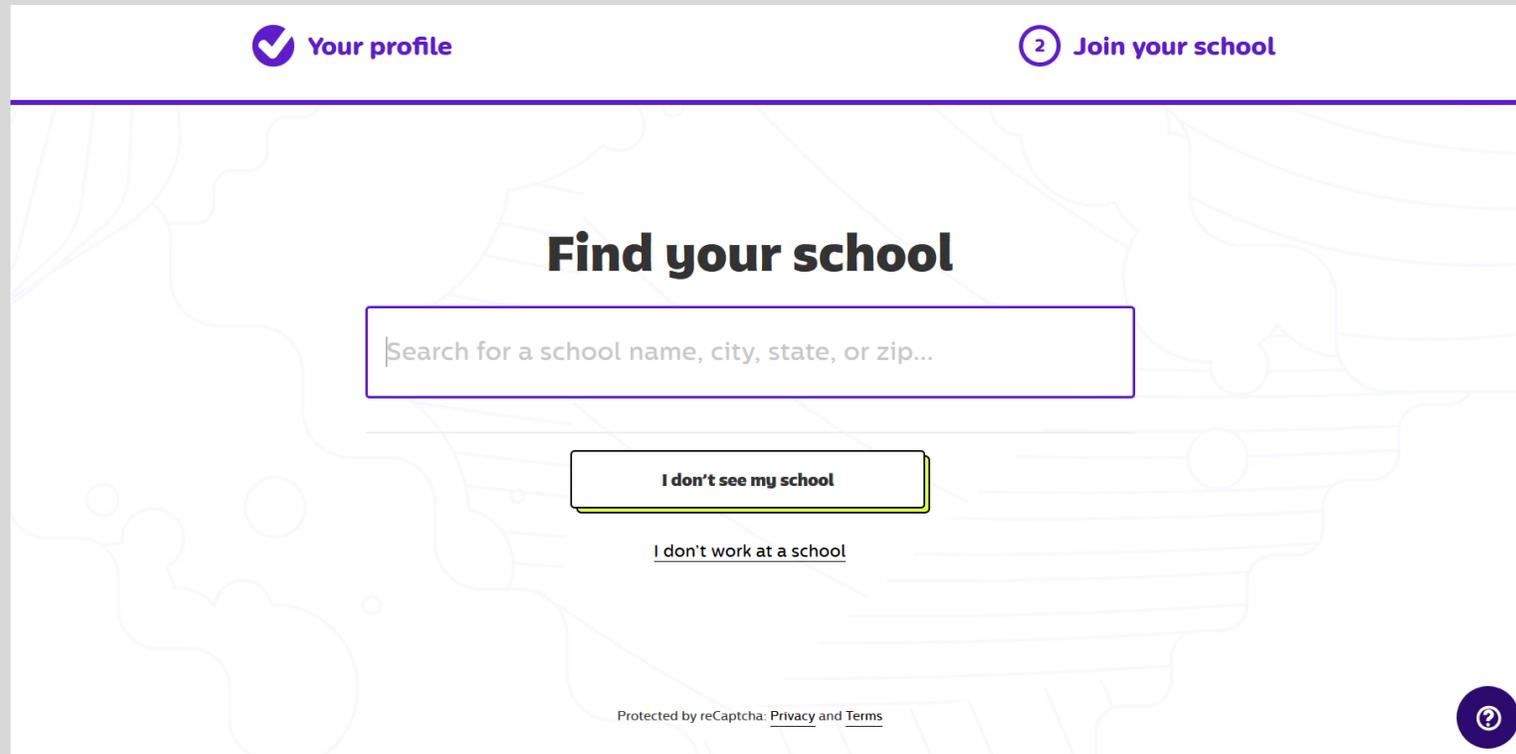
How did you hear about us?

Birth year

Next

GoNoodle

- Find your school! Don't worry if it doesn't show up.
- You can click "I don't see my school" and fill in the information.
- Then you have created your account!



The screenshot shows the 'Find your school' page on the GoNoodle website. At the top, there are two navigation links: 'Your profile' with a checkmark icon and 'Join your school' with a circled '2' icon. The main heading is 'Find your school'. Below it is a search input field with the placeholder text 'Search for a school name, city, state, or zip...'. Underneath the search field are two buttons: 'I don't see my school' (highlighted with a yellow border) and 'I don't work at a school'. At the bottom, there is a small text line 'Protected by reCaptcha: [Privacy](#) and [Terms](#)' and a circular help icon with a question mark.

GoNoodle

- Once you sign up, a screen will pop up that walks you through how you can use the site!
- Select Continue to GoNoodle to find videos and activities!

Want to share GoNoodle with your students at home?

Teachers can share GoNoodle activities with students no matter where learning happens.

Check out [how to share links to videos and our other free options for families](#) you can offer to your students during this unprecedented time.

[Continue to GoNoodle](#)



GoNoodle

- You can then select categories to find options for different CBPA

The screenshot shows the GoNoodle website interface. At the top, there is a navigation bar with the following elements from left to right: a hamburger menu icon followed by the text "GoNoodle", the word "Discover" with a wavy underline, the word "Categories" which is highlighted with a red rectangular box, the word "Channels", a heart icon, and a magnifying glass icon.

Below the navigation bar is a large yellow banner with a confetti pattern. On the left side of the banner is a stylized logo that says "MEGA MOVES MONDAY". To the right of the logo, there is text that reads: "Sing, dance, and munch on delicious unicorn noodles as you learn the order of the planets from the sun!". On the right side of the banner is a video thumbnail for "Unicorn Noodles" featuring two women in yellow and black outfits. Below the thumbnail, the text "Unicorn Noodles" is displayed, followed by a play button icon and the duration "3:15". At the bottom of the thumbnail area, there is a globe icon with the text "Guided Dance" and a share icon with the text "Share".

Below the yellow banner is a blue banner with a wavy pattern. On the left side of the blue banner, there is text that reads: "Back to School. Back to Awesome. Keep the back to school energy going all day long!". To the right of this text are three video thumbnails. The first thumbnail is titled "Alive, Alert, Awake!" and features a cartoon moose character and two children. Below the thumbnail, the text "Alive, Alert, Awake!" is displayed, followed by a play button icon and the duration "1:18". At the bottom of the thumbnail area, there is a globe icon with the text "Guided Dance" and a share icon with the text "Share". The second thumbnail is titled "My Racing Heart" and features a red heart character with arms and legs. Below the thumbnail, the text "My Racing Heart" is displayed, followed by a play button icon and the duration "2:50". At the bottom of the thumbnail area, there is a blue icon with the text "Workout" and a share icon with the text "Share". The third thumbnail is titled "What When Where" and features a cartoon dinosaur character and three speech bubbles. Below the thumbnail, the text "What When Where" is displayed, followed by a play button icon and the duration "1:16". At the bottom of the thumbnail area, there is a blue icon with the text "Workout" and a share icon with the text "Share".

GoNoodle

- You will see the following options as you scroll through the page!

The screenshot displays the GoNoodle website interface. At the top, there is a navigation bar with the GoNoodle logo on the left, followed by the tabs "Discover", "Categories" (which is underlined in purple), and "Channels". On the right side of the navigation bar, there are icons for a heart and a search magnifying glass. Below the navigation bar, the main content area is divided into three sections, each with a distinct icon and title:

- Curricular**: Represented by a globe icon, this section contains eight buttons arranged in two rows of four: "Math", "Science", "ELA", "Social Studies", "Health Education", "Music Education", "Reading Practice", and "Spanish".
- SEL and Mindfulness**: Represented by a face icon, this section contains five buttons: "Boost Confidence", "Build Compassion", "Enhance Focus", "Manage Stress", and "Practice Self-Control".
- Sensory and Motor Skills**: Represented by a person icon, this section is partially visible at the bottom of the screenshot.

GoNoodle

- Still scrolling through the categories page!

The screenshot shows the GoNoodle website interface. At the top, there is a navigation bar with the GoNoodle logo on the left, and the words "Discover", "Categories" (underlined in purple), and "Channels" in the center. On the right side of the navigation bar are icons for a heart and a magnifying glass. Below the navigation bar, the page is divided into three main sections, each with a title and a grid of category buttons.

Sensory and Motor Skills (indicated by a blue stick figure icon):

- Cross Lateral Skills
- Coordination
- Locomotor Skills
- Body Awareness
- Gross Motor Skills
- Fine Motor Skills
- Balance

School Life (indicated by a red apple icon):

- Holidays
- Test Best
- Indoor Recess
- Class Routines

Movement Type (indicated by a yellow diamond icon):

- Guided Dance
- Stretch
- Breathe
- Call & Repeat
- Workout
- Partner Up
- FreeStyle
- Competition

GoNoodle

- At the bottom of the Categories page, you will find a section called movement type. You can select any of those options for CBPA!

GoNoodle Discover Categories Channels  

 **School Life**

Holidays Test Best Indoor Recess Class Routines

 **Movement Type**

Guided Dance Stretch Breathe Call & Repeat
Workout Partner Up Freestyle Competition
Brainercise

GoNoodle Learn more by reading the [GoNoodle Privacy Policy](#), [Terms of Service](#), and [Cookie Policy](#). powered by **aws**

GoNoodle

- For example, if you selected “Workout”. A list of options will populate with duration times of the activity!

The screenshot displays the GoNoodle website interface. At the top, there is a navigation bar with the GoNoodle logo, a hamburger menu, and links for 'Discover', 'Categories', and 'Channels'. A heart icon and a search icon are also present. Below the navigation bar is a purple header with the word 'Workout' in white. The main content area features six activity cards arranged in a 2x3 grid. Each card is sponsored by Play60 and includes a title, a duration, and a 'Share' button. The first row contains 'The Game' (2:51), 'Bone Strength' (2:58), and 'Warm Ups' (2:34). The second row contains 'MOOSEMALLOW', 'XAVIER & RASHEEM GO TO THE BEACH', and 'MUSCLE STRENGTH'. Each card features vibrant graphics, including photos of the hosts and the Play60 mascot.

GoNoodle Discover Categories Channels

Workout

Sponsored **COACH TERRY'S Play60 CHALLENGE GAME**
WITH WHITNEY MERCILUS AND MIAMI DOLPHINS CHEERLEADERS JENNY AND ELENA
The Game 2:51
Workout Share

Sponsored **Play60 BONE STRENGTH**
WITH MIAMI DOLPHINS CHEERLEADERS JENNY AND ELENA
Bone Strength 2:58
Workout Share

Sponsored **Play60 WARM UPS**
WITH MIAMI DOLPHINS CHEERLEADERS KATIE AND KALLY
Warm Ups 2:34
Workout Share

MOOSEMALLOW

XAVIER & RASHEEM GO TO THE BEACH

Sponsored **Play60 MUSCLE STRENGTH**
WITH KENYAN DRAKE AND RAEKWON McMILLAN
Muscle Strength

GoNoodle

- Alternatively, if you select the magnifying glass and you can search the activity we suggested in the search box!

The screenshot displays the GoNoodle website interface. At the top left is the GoNoodle logo. Navigation tabs for 'Discover', 'Categories', and 'Channels' are visible. A search bar with the placeholder text 'Search for activities...' and a purple 'Search' button is highlighted with a red box. In the top right corner, a magnifying glass icon is also highlighted with a red box. Below the search bar, a list of activity cards is shown, each featuring a thumbnail, title, duration, and a 'Paid Content - Sponsored' label with a share icon. The activities listed are 'The Game' (2:51), 'Bone Strength' (2:58), 'Warm Ups' (2:34), 'Muscle Strength' (2:47), and 'Endurance'. To the right of the activity list are two filter sections: 'Filter by Duration' with options for 'All', '1 Minute', '2 Minutes', '3 Minutes', '4 Minutes', '5-10 Minutes', and '10+ Minutes'; and 'Filter by Energy Level' with options for 'All', 'Low', 'Medium', and 'High'.

GoNoodle Discover Categories Channels

Search for activities... Search

The Game 2:51 Paid Content - Sponsored Share

Bone Strength 2:58 Paid Content - Sponsored Share

Warm Ups 2:34 Paid Content - Sponsored Share

Muscle Strength 2:47 Paid Content - Sponsored Share

Endurance Paid Content - Sponsored

Filter by Duration

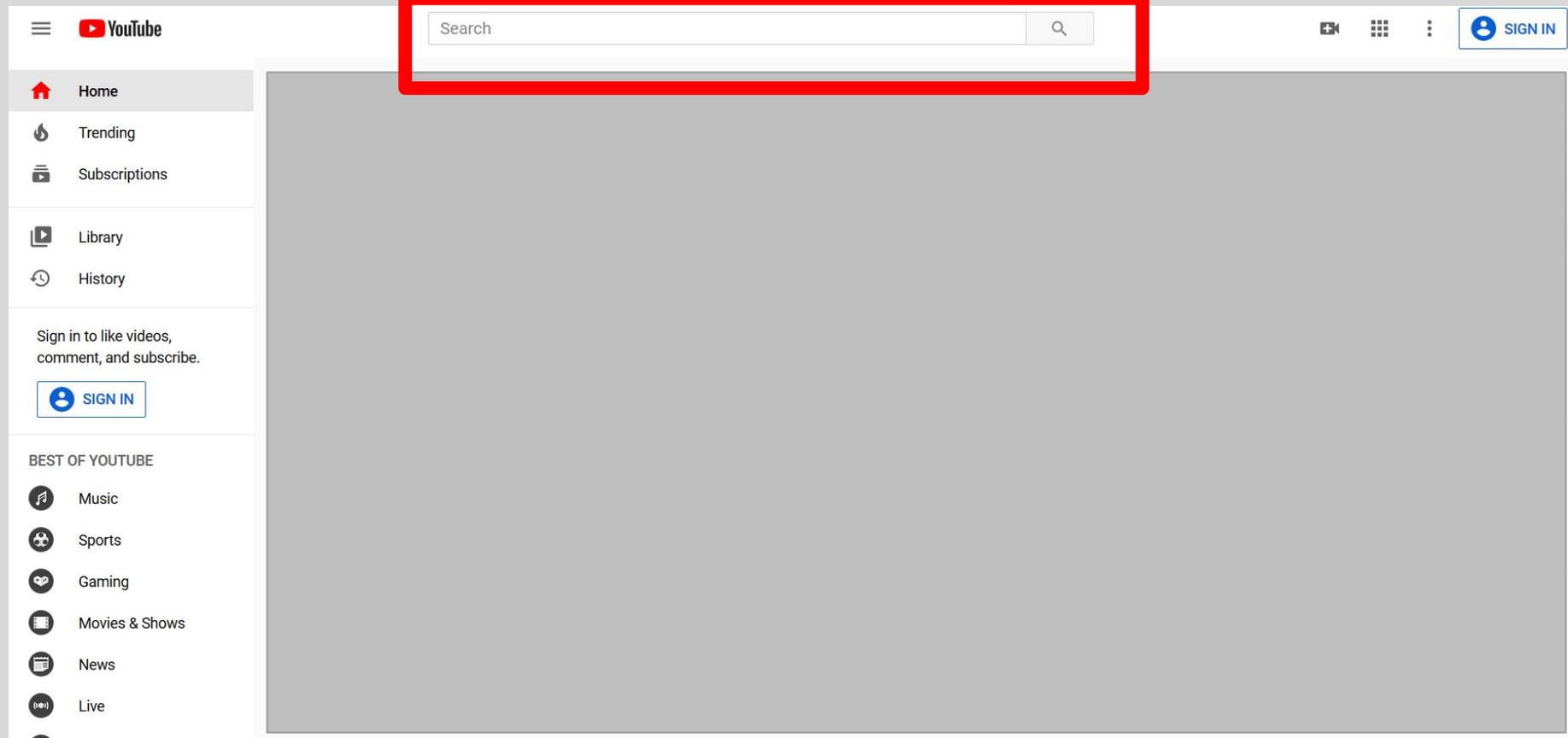
- All
- 1 Minute
- 2 Minutes
- 3 Minutes
- 4 Minutes
- 5-10 Minutes
- 10+ Minutes

Filter by Energy Level

- All
- Low
- Medium
- High

YouTube

- We will also provide you activities via YouTube. You don't need to have an account.
- Link: youtube.com
- We will provide you the title of the video and you will search for the video title in the search box!



REDCap



We will send you a redcap survey at the end of the week via email.



We will have you record the number of brain breaks you deliver to your classroom outside of the time with our research team!