



# Exercise Intervention



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## DEFINITION:

An activity that requires physical effort to improve overall health. Exercise is an excellent intervention tool that provides physical, mental, and social health benefits to all individuals.

## Statistics:

50% of children between 10-17 years old are overweight or obese. Following this, 42% are not meeting CDC exercise guidelines. Exercise would help combat these statistics.



## BENEFITS:

- Increased focus during school
- Increased Motor Function
- Decreased Maladaptive Behaviors
  - Aggression, injurious behavior, Hyperactivity
- Instills routine and healthy habits
- Calms the body/mind
- Active engagement/choice making for learner



## Exercise Plan

Creating a daily individualized exercise routine for the learner to increase their heart rate, improve muscle endurance and strength, and provide an energy outlet. This is to enhance a calm body and increase attentive focus during class instruction. Exercises are chosen based on the learner's capabilities, interests, and areas of needed improvement.

## WHEN TO IMPLIMENT

Spend 15-20 minutes per day to have a planned exercise intervention. Typically this should be finished within 5-10 minutes before instruction is given for best results. Great for "brain breaks" for the entire class as well.

# Methods of teaching

- Visual Supports
  - Schedules/exercise task boards
- Modeling or Video Modeling
- Reinforcement
- Task Analysis



## WHERE CAN THIS INTERVENTION OCCUR?

- QUIET/ DISTRACTION FREE SPACE
- OPEN AREA
- EQUIPMENT NECESSARY ARE READILY AVAILABLE
  
- LOCATIONS: CLASSROOM, GYM. OUTSIDE, HALLWAY, ETC.

## REMINDERS

- Exercise plans should be individualized and developmentally appropriate based on student's support needs.
- All exercises need to be safe, done properly, and consent is needed from the student and their family before beginning this intervention
- Teachers, Paraprofessionals, RBTs, Adaptive P.E teachers, and other qualified exercise professionals can impliment this exercise intervention.
- Make sure this is a routine intervention that is something the student's parents can also do at home.

## ADDITIONAL RESOURCES



GET CONNECTED!



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