“Kinected” Schools

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Studies suggest that the average child accumulates only 35 of the recommended **60 minutes** per day of moderate to vigorous physical activity.

Rates are much lower among adolescents who get only about 8.5 minutes per day. Just 42% of children and 8% of adolescents achieve the recommended levels of activity.

**Let’s Move! WV** is an initiative that recommends schools accumulate an **60 minutes of daily physical activity**.
Today’s Lesson:
Healthy Students are Better Students

Healthy Eating + Physical Activity = Improved Academic Performance

Students who eat breakfast have better attention and memory.

Only 38% of all teens eat breakfast everyday.

Good Job!

After just 20 minutes of physical activity, brain activity improves.

Needs improvement!

Only 25% of high school students are active for the recommended 60 minutes each day.

What is the right answer?

Schools:

Kids spend 2000 hours every year in school, which makes that the smart place to encourage kids to eat right and get moving.

Wellness Programs:

Programs like Fuel Up to Play 60 empower students to take actions like starting breakfast programs and walking clubs. Community leaders, businesspeople and health professionals can also assist schools in providing opportunities.

Extra credit:

Read The Wellness Impact: Enhancing Academic Success Through Healthy School Environments at GENYOUthfoundation.org.

Learn more about how Fuel Up To Play 60 is helping schools to take action at FuelUpToPlay60.com
As part of Let’s Move! WV, Kinect for Xbox 360 provides an additional tool for learning by raising awareness of physical activity opportunities in a way that kids today understand - technology.

- A 2008 Pew Report noted that 97 percent of youth ages 12 to 17 play video games, with 50 percent reporting they played the previous day. Approximately 86 percent play on some type of console.
Children and adolescents are drawn to these types of tools and may increase physical activity just to be able to use the tools for fun.

Physical Activity Guidelines for Americans Mid Course Report “Strategies to Increase Physical Activity Among Youth” reported:

• Active Gaming is an approach that be promising for increasing physical activity.

• Active video games (“exergames”) and mobile phone technologies have exponentially increased.
Physical Education

- In total, the 7 dances burned an average of 100.94 calories using the Xbox Kinect in 23 minutes of dance.

- This is comparable to walking 3.5 miles/hour for 23 minutes for a 70 kg person.
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Avatar Kinect
“Kinected” Schools
Funding provided through a grant from West Virginia Department of Health and Human Services (DHHR) Office of Healthy Lifestyles as part of the Coordinated Public School Health Partnership (CPSHP) with the West Virginia Department of Education Office of Healthy Schools.
Let’s Move! WV “Kinected” Schools

- 272 Kinect bundles
- 1 unit in all 55 counties
- 3 entry points
  - Summer Conference 2012 (56)
  - Regional School Wellness Specialist Network placed 20 units in each of the 8 RESAs (160) Fall of 2012
  - Federal Programs Conference (underperforming schools 48)

- Phased approach
  Phase 1 - focus on movement before, during and after school—school year 2012/2013

Phase 2 - Optional additional academic applications — school year 2013/2012
Let’s Move! WV “Kinected” Schools
2012-2013 School Year

Requirements
16. Which of the following did you use with your Xbox? (Check all that apply).

<table>
<thead>
<tr>
<th>Option</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any of the Just Dance (Version 4 has Call Me Maybe as a selection)</td>
<td>58.6%</td>
<td>68</td>
</tr>
<tr>
<td>Kinect Sesame Street TV</td>
<td>4.3%</td>
<td>5</td>
</tr>
<tr>
<td>Kinect Sports 1</td>
<td>52.6%</td>
<td>61</td>
</tr>
<tr>
<td>Kinect Sports 2</td>
<td>6.0%</td>
<td>7</td>
</tr>
<tr>
<td>Kinect Sports Ultimate collection (Contains all the sports from version 1 &amp; 2)</td>
<td>8.6%</td>
<td>10</td>
</tr>
<tr>
<td>Body and Brain Connection</td>
<td>11.2%</td>
<td>13</td>
</tr>
<tr>
<td>Just Dance Kids 2</td>
<td>30.2%</td>
<td>35</td>
</tr>
<tr>
<td>Xbox Live</td>
<td>11.2%</td>
<td>13</td>
</tr>
<tr>
<td>Other (please specify)</td>
<td></td>
<td>43</td>
</tr>
</tbody>
</table>
17. As a strategy, how effective was the Xbox for increasing physical activity?

<table>
<thead>
<tr>
<th>Response</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Effective</td>
<td>39.7%</td>
<td>46</td>
</tr>
<tr>
<td>Effective</td>
<td>37.1%</td>
<td>43</td>
</tr>
<tr>
<td>Somewhat Effective</td>
<td>19.8%</td>
<td>23</td>
</tr>
<tr>
<td>Not Effective</td>
<td>3.4%</td>
<td>4</td>
</tr>
</tbody>
</table>

Other (please specify) 43

Answered question 116
Skipped question 18
Dingess Elementary
Mingo County
Grades: Pre-K-4
Enrollment: 187

Active Gaming room

Principal Don Spence:

“A vacated room that the school turned into our teacher training room. When we use the X-Box, we simply push all tables, chairs, and podium to the sides of the room opening it up for movement area.

All of my teachers have a time during the day for access. Our kids love it!”
HIVE FIVE: Five minute movement during class.

JIVE: Use two songs from Just Dance, with a team of four in "the pit" and the class at their tables.

SPORTS PARTY: Use Sports, party play, and conduct a round of team play switching players with each event.

Wellness WED: the Xbox is a station within the four activity station areas.

Afterschool: 15 minute movement break on TUE/THUR use both Just Dance and Sports Party Play to get students active.
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How?
Multi-Use

• System Video player
• System Music Player
• Picture Viewer