

Minutes Out of Your Seat

Dana Russell is a teacher at Stetson Hills. Her class is participating in the "Minutes Out of Your Seat" Challenge with the NCAA. Dana's students are excited about having time out of their seat to help them rejuvenate and help them focus on their assignments. As several of her students have said, "It gets us moving, and it just feels good to stand up every once in a while." "It gets blood pumping from your legs to your brain so that you can actually think." While students are using the microscopes, they stand and hinge (using their stomach muscles to bend) to observe microorganisms. As they finish writing each section of their claim, evidence, and reasoning, students run laps around the quad to acknowledge the completion of each section. This helps students chunk their scientific explanation. Great job Dana in getting your students active!



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View video at: <https://youtu.be/y5V6qyOAHeE>

