

# Movement in the Classroom

## What is it?

Movement in the classroom is incorporating movement into a lesson plan or allowing students to take physical activity breaks, whether short or long, to wake up the body and the brain.

## Why is it important?

The areas of the brain responsible for human movement are the same areas of the brain responsible for cognitive thought and attention span. Basically, humans need to move to learn.

## How can you help to bring movement in the classroom?

Instead of students answering questions sitting in a chair, have them stand up or walk to the front of the room. Hang worksheets on the wall and students can stand up to complete them.

For review activities try race in place - students run in place at their desks. Teachers asks a question. Students stop running in place and write answer down. Repeat.

Make chair or wall push ups a part of your school day. Have students perform these exercises before completing written assignments.

Add in short physical activity breaks. Here are a few suggestions: turn on music and dance around the room, try yoga poses, play Simon Says, do animal actions around the room, dance the Hokey Pokey, etc.

Plan indoor recess time to incorporate physical activity. Keep it super simple with exercise DVD's or action songs. Volley a beach ball or balloon around the room. Create an indoor obstacle course using items such as pencils and masking tape.



Once the movement breaks are over, here are some tips when returning to regular class work:

- Before you start, teach children to follow “stop” and “go” commands with ease.
- Provide a structured environment even though children are moving.
- Set up boundaries in the classroom.
- Establish a set of rules to follow during physical activity time.
- At the end of each movement breaks establish a routine to settle back down such as 10 deep breaths or some yoga poses.