

MOVEMENT

My Ted Talk relates into how we can get our bodies to best move. This is relevant for us as teachers and people who enjoy moving and want to be moving for a long time; and this is relevant to the way we organise our classrooms and run our PE programmes to ensure our children are moving the best way possible too.

I don't know much about it and I am not the expert but I am really interested in this, and I hope that this will inspire you to think differently or even be curious to go and find out more information about it.

What would you guys consider as 'being able to move well'?

- prevent injury
- flexibility
- sporting achievement
- strength
- cardio fitness
- overall body health

WHAT IS BODY MOVEMENT?

- combination of all of those things, and its moving the way our bodies were designed to move in. In our 21st century world I would say we have put lots of limitations and restrictions on our bodies, and the way that they move.
- As children we were all a lot more flexible, we could do more things - the question is why and HOW did we lose that movement? We have the false belief that as we get older, our anatomy can't do certain things. Take squatting for example, all of us would say our joints wouldn't allow us to squat because I'm too old for that: but in eastern countries squatting is a normal resting posture - so 85 year olds 90 years old can still squat - so why is this any different for us. I hope this Ted Talk will challenge maybe some of your ideas about what you believe. Children are pretty awesome examples of ways our bodies can move and as teachers I think we have an opportunity to capitalize on this and encourage this kind of movement.
- It is true that our body ages, but it isn't true that we should limit ourselves to our age, and we can be using the kids movement as role models. Basically what your body does often is what your body will be good at. As teachers of kids in primary school, they are at a stage where most of them can move well: they can do the monkey bars, they can sit on their knees and in a side saddle position - so we have a opportunity to keep them doing these movements and encouraging it, as well as teaching about it.

WHY IS THIS IMPORTANT?

- When we don't teach our bodies to move in the right way, it heightens the risk of getting injured. Let me give you an example: when we reach for something above, notice how your shoulder doesn't move independently to your body. Rib cage goes up — That's because our body likes to cheat. Notice when I do that movement, my back also hinges, and that's one way we get injuries. So if we talk about this from a preventative view, we want to be teaching our shoulder to move in a way which it was designed to — so extended and strengthening the range of our shoulder. SO with our kids, they all have pretty incredible ranges at the moment, they make it look so easy to do the splits, are pretty resilient when they fall over, so we can encourage this in the way we teach by doing skills and exercises that extend and strengthen ranges — so that we are preventing injury.
- Once we have developed this range, we can control our bodies better because say with the shoulder example, working on the strength and range of my shoulder — means I can control it better and I am not over loading my back.

In 2016, ACC spent 542 million dollars on sporting injuries. That means our public health system spends all of this money on injury alone. As teachers we have an opportunity to build up the future generation with education about how to care for our bodies and prevent injury.

We have gone through a decade of trying to understand what it means to be healthy, like food fads: paleo, the fitso gym bunny phase, but we are now starting to realise that that alone will not achieve a healthy body, but rather education comes about HOW we are doing these things AND WHY this is useful for our bodies.

My main points of what I am trying to get across, is the importance of teaching and modelling moving well, and the idea of unlimited movement where we are applying our growth Mindsets to be able to move in ways that extend our range and strengthen our bodies.

ACTIVITY: all hop up

Cross legged, side saddle, on knees, w shape

Was that Comfortable?

Why do you think it wasn't comfortable?

It's a matter of not putting ourselves in those positions and losing the flexibility, this is what I mean by in this 21st century we are limiting our bodies by restricting our positioning and just using shortened muscles. By shortened muscles, I mean we are not elongating and muscles and making them move in a way they can, meaning they lose their movement ability.

(Hip flexors examples)

CHANGE IN OUR PRACTICE:

- use sitting on the mat as a teachable moment: descriptive commenting or getting everyone to sit in a position
 - in our PE time: teach body movement, because the better control kids have of their body the easier they will find to learn skills. This could be like teaching cartwheels, which involves strength, co-ordination and for many probably a Growth Mindset and breaking down the gender psyche that cartwheels are just for girls.
 - Our school layout is awesome for this already as kids naturally work in weird and wonderful places but how can encourage this and by getting kids to move better and understanding more about it, may help with things like posture and any injuries they have now.

This whole idea Ted talk was inspired by 2 of my friends who are both physios and independently throughout their career have come to the conclusion that their jobs really shouldn't exist. Our bodies should be able to move better, and their job needs to be more about education and prevention rather than fixing symptoms. Again though I really am not the expert, I am just really interested in this, and I hope my knowledge within this area can grow more!