

Bringing Movement into Daily Educational Routines

WHAT WE KNOW: Embedding movement into students' daily routines is an evidence based approach to learning! We know it improves an increase in achievement test scores, attention and concentration, improvement with on-task behavior, perception of academic confidence, self-esteem, creativity, life satisfaction, motor ability, working memory, attendance, and GPA. ([The Association of School Based Activity, Including Physical Education, and Academic Performance](#), Centers for Disease Control and Prevention, US Department of Human Services, July 2010) Remember the average length of attention span for a child is about equal to their age!
[Kinesthetic Classrooms Resource](#) (B3 Program)

Entry Into Building:

- Paint the sidewalks and concrete to encourage movement
- Allowing kids to come in to the gym for structured movement opportunities
- Run around the building
- Weight room

Morning Announcement:

- 1 minute [yoga pose](#) followed by 1 minute daily guided meditation
- [School-Wide Mindfulness breaks](#)

Daily Prep/"Pack and Stack":

- Taking chairs off of tables or desks
- Running attendance or lunch orders to the office
- Handing out worksheets
- Wash desks or whiteboards
- Sharpening Pencils

During Instruction:

- Who says this has to happen in a seated position?
- Frequent changes in location, changes in partners
- Checks for understanding, "Raise your left foot if you know the answer, jump twice if this statement is true, etc"
- Allowing children [flexible seating](#), standing or lying on stomach!
- Incorporate movement into academic learning (i.e. letter sounds while touching alternating toes). BE CREATIVE!!!
- Movement in between activities or classrooms
- Use activity as a reward or incentive for whole classroom behavior



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- Look at sedentary activities and think about how you can incorporate movement
- Look at your environment: What do you need? Talk to your PE teachers or look at your own classroom furniture: therapy balls, learning mats, standing desks, bicycle chairs - Develop a rotation if only a few items available
- Adding music into instruction
- Use movement to stop and start activities
- Ask your students! Allowing them to come up with their own movement activities provides intrinsic motivation and autonomy
- Consider space and structure of classroom to have an “activity space” but remember movement can occur right next to a student’s desk!
- Learning outside during a walk

Brain Boosts/Brain Breaks:

- Brain Break - short quick break (60-90 seconds) for the brain (typically during instruction)
- Brain Boost - About 10 minutes every hour, to recharge the brain
- Embed brain school-wide brain Breaks/boosts into core schedules and classroom “jobs”!
- [Just Right Activities for School Routines](#)
- [Just Right Activities for Classroom Routines](#)
- [Just Right activities for School](#)
- [Integrated Learning and Crossing Midline](#)
- [Quick Movement Breaks](#)

Lunch:

- Finding a new friend to sit by every 10 minutes
- Allow to eat outdoors

Recess/Gym/Playground/Indoor Recess:

- Allowing activities or stations of movement that include socialization
- Climbing activities (climbing wall in gym or on playground)
- Sports activities requiring running, jumping
- Use weighted ball - throw or roll to partner
- Animal walks (crab walk, bear walk, army crawl)
- Toe-touches, jumping jacks, etc
- Wheelbarrow walks or races
- Scooter activities - sit and move or push scooter with or without weight
- Bounce or push extra large ball around the gym
- Toss hula hoop to partner
- <https://fitandfunplayscapes.com/>

Hallways and Transitions:

- [Purposeful Movement](#)



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- [Don't Walk in the Hallway](#)

Programs/Resources:

- [Classroom Physical Activity Strategies Program and Planning](#) - CDC
- [Putting Movement Into Practice](#) - CDC
- [S.M.A.R.T.](#) - Stimulating Maturity through Accelerated Readiness Training
- [Integrate Physical Activity in Schools](#) - Resource page from the CDC and National Center for Public Health
- [InfoGraphic](#) on the benefits of movement
- [Move to Learn](#)

Setting safety and behavioral expectations for classroom physical activity is essential to creating a safe and positive learning environment for all students.

Setting Behavioral Expectations for Classroom Physical Activity

- Incorporate into school's Code of Conduct that already exists
- Participate to the best of my ability
- Be respectful of different levels of ability and allowing for some variation
- Being aware of the proximity of other students and objects (what does this look like)
- Helping others if needed
- PE teachers can help modify activities for development and all skill levels



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