

The 'Physically' active classroom

Health and wellbeing week is fast approaching and this year we want have a drive on encouraging classroom teachers to consider **creative ways of promoting physical activity** within their lessons; focusing on 'moving more and sitting less'.



A number of key reports on health and well-being, recommend that all children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods during

the school day.

National statistics indicate that students spend between 70%-85% of their time sitting behind a desk. Emerging evidence based on these statistics indicate that sedentary behaviours are associated with obesity, metabolic dysfunction and poor rates of learning in young people.

So, our challenge to you during health and well-being week is to plan and deliver 'active lessons' which involve your students becoming active and on their feet for a minimum of 50% of their normal classroom lesson time. *(cue the panic and stress I can already see on everyone's faces!)*

There are many benefits to doing this within your classrooms, these include:

- Increased confidence and social skills
- Improved concentration and learning
- Makes you feel good



To make this achievable there are a few suggestions below to get you on your

way; some of these are very basic but may prompt you to come up with other more creative ideas. A great website to help you source other physically active tasks is: www.gonoodle.com

- **Move all the tables** - to side of the room and do activities that involve students standing up or moving around the room.



- **Entry to class** - Students are handed a post it as they walk in and they have to write 3 key points from last lesson and stick it on the board or around the room.

- **Take the register** - with everyone stood up or jogging on the spot.

- **Odd one out** - Students presented with a series of images and they have to decide which is the odd one out by standing next to their choice. Develop questioning by getting students to explain their choice.

Odd
One
out

- **Incorporate** - 'active breaks' to break up sustained periods of sitting.

- **Gallery/ research** - Pieces of information are spread around the room; students have to move around the room to collect the information to share with peers.



- **Grouping students** - 1 – Use Jigsaws to group students; each student has a piece of the jigsaw and has to find a the matching people to make

the picture. 2- Line up tasks, group students by getting them to line up in date of birth, show size, etc.

- **Hot Standing** – Instead of the 'hot seat' students take it in turn to be in the 'hot stand' where they have to answer key question on a topic.

- **True/False, Fact/Opinion** - Student's knowledge is tested on true or false information. The students start by standing up and then sit down based on if they think the information is true or false.



Please take photos and share to our twitter accounts @deyeshigh and @deyespe with the #activeclassrooms