



# Movement in the Classroom



## Importance of Movement Breaks in the Classroom

- Help increase focus, improve behavior, and reduce stress while contributing to physical fitness
- Help students to be better learners

## Use Movement in the Classroom

- Before beginning a lesson or activity
- Between parts of a lesson or activity
- To transition from one class or activity to the next
- Before tests
- Multiple times each day

## Movement in the Classroom Tips

- Choose a few exercises and leave time to pause and breathe in between.
- Create a sequence of exercises lasting up to 10 minutes to give students a longer break while improving their movement skills and fitness.
- Post movement cards around the room to create action stations.
- Set guidelines. Use verbal instructions and visual supports (pictures, videos) to let students know what to expect, the movements they will be doing, for how long, and when to get back to their seats.
- Assign staff or peer buddies for those who need someone to model movements or offer extra support.
- Adjust light and noise levels for those who are sensitive.
- Let students create their own movement breaks.

