



Movement in the Classroom: Enhancing the Learning Environment

Julie Delgado
University of Connecticut

Agenda

- Introduction
- Rationale
- Setting up your classroom environment
- Incorporating movement
- Resources



Elementary

Middle

Who are we?

High School

Administrator





Why movement?

Academic and physical benefits



“Classroom Teachers are in a unique situation that allows them to influence and positively affect both the education and health of students across the nation.”

“Certain behaviors established during youth can influence the health of students as they move into adulthood. These behaviors include tobacco use, nutritional habits, levels of physical activity, alcohol, and drug use, sexual behaviors, and behaviors that have the potential to result in violence or unintentional injury.”

Childhood obesity epidemic in the US is on the rise (Evans & Sims, 2016).

Academic and Physical Benefits


Improved focus,
executive function and
attention span

Enhanced memory and
retention

Increased creativity and
problem-solving skills

Increased health and
fitness

Reduced stress levels



Classroom Environment

Creating a movement friendly classroom

Create Environments Where students allow:

Physical- regulation of physical needs

- Alternative seating
- Movement spaces
- Sensory areas
- Lighting
- Music

Emotional- feeling psychologically safe

- Take risks
- Reduce stress

Creative- encouragement of original & divergent thinking

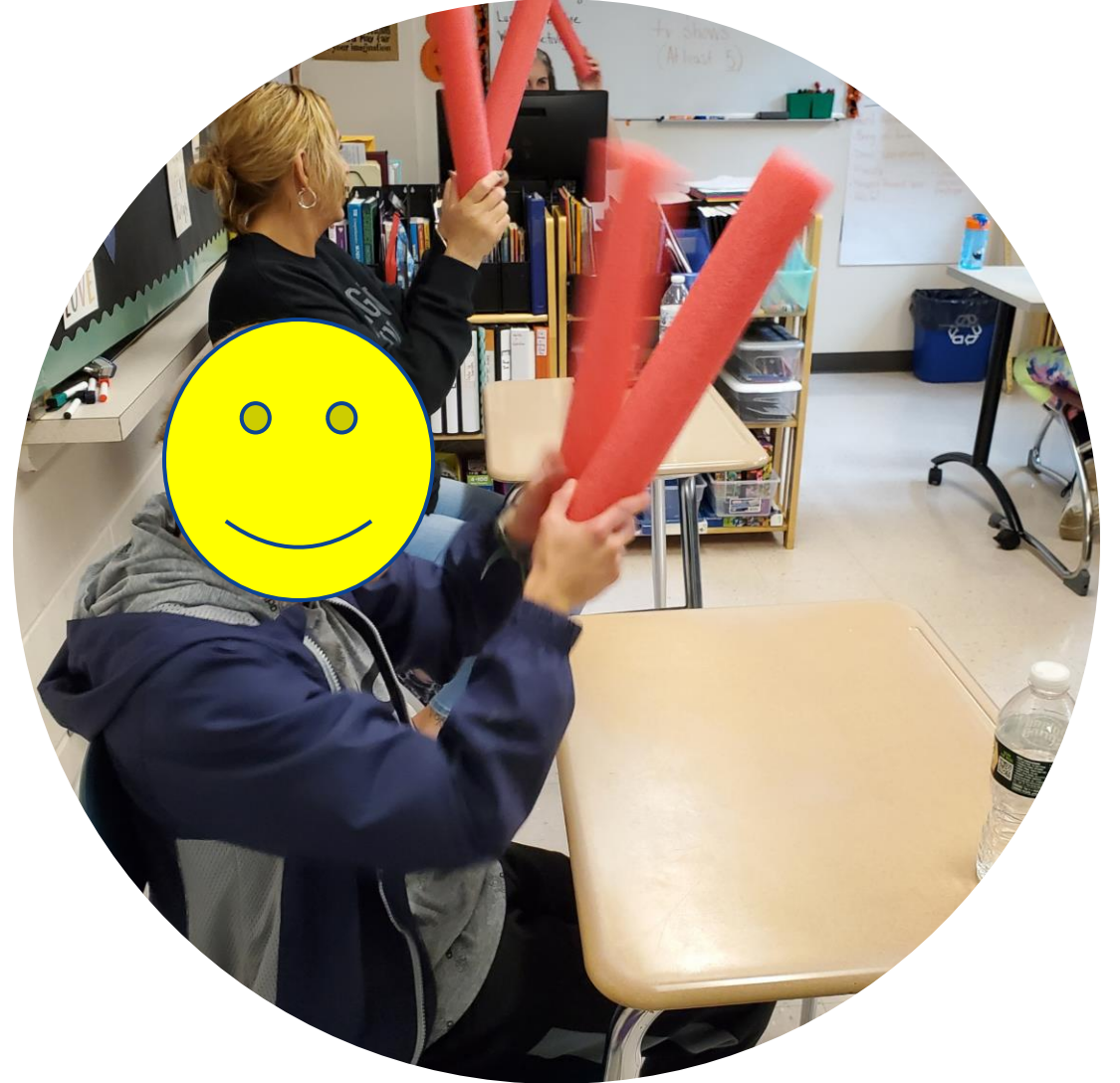
- Variety of materials/ assignments/topics
- Respect differences

Integrating movement into daily routines

Brain breaks

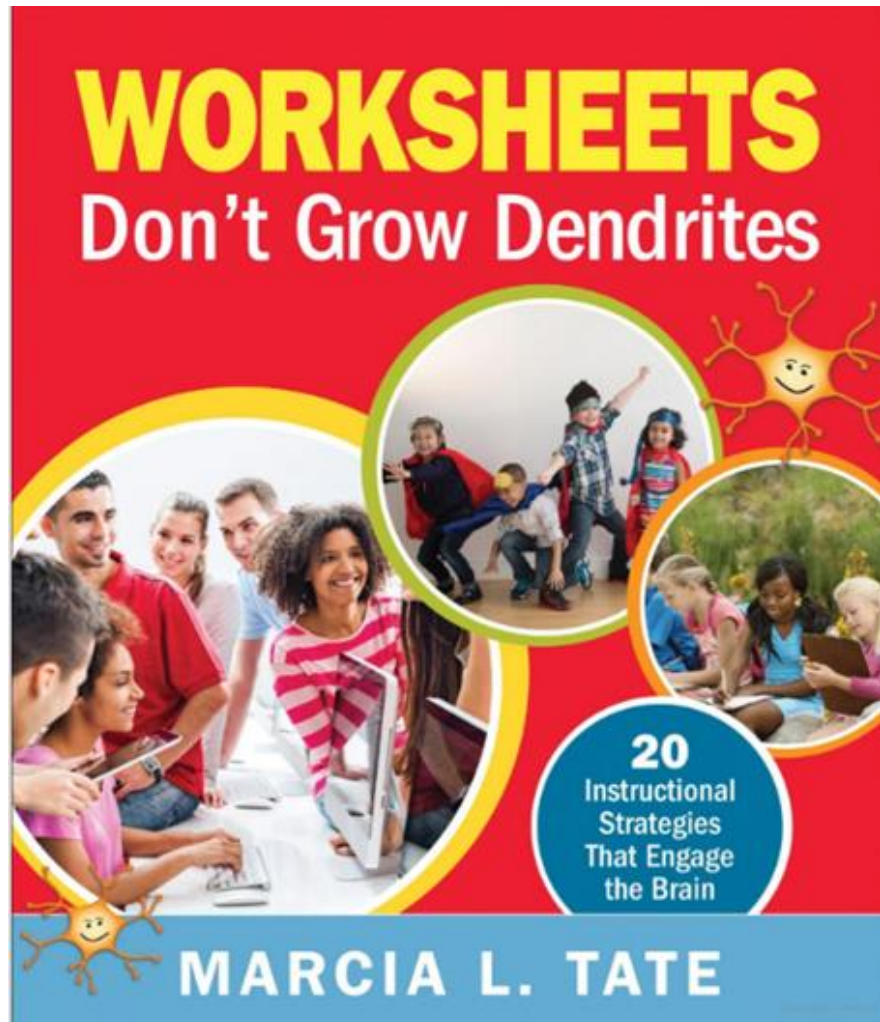
Active learning techniques (e.g., learning stations, interactive games)

Movement-based lessons (e.g., kinesthetic learning)



Brain Breaks

- **Brain Breaks:** Brain breaks are mental **breaks** designed to help students stay focused and attend. The **brain breaks** get students moving to carry blood and oxygen to the **brain**. The **breaks** energize or relax. The **breaks** provide processing time for students to solidify their learning
 - Human Rock-Paper-Scissors
 - Choir Director/Figure 8- crossing the midline
 - Silent Ball
 - Super Chicken Instant Activities (Open Phys Ed)
- **Walk and Talk-** social-emotional standards, speaking and listening, and can turn into social studies current events/ other topics of choice



Active Learning Techniques

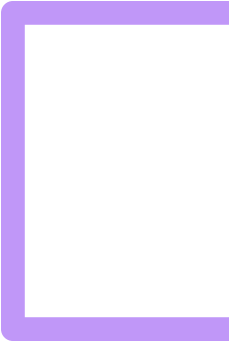

Ball/Bean Bag Toss- using math facts, spelling words, alphabet sounds, vocabulary etc.

Poly Spots- using math facts, spelling words, alphabet sounds, vocabulary etc.

Egg Hunts- using plastic eggs with questions (and answers)



Movement-based lessons: Integrating Activities

- **Pop-up Reading**- spelling words, vocabulary, sight words
 - **Books**- pick a certain word that appears multiple times throughout the pages and students complete a movement activity when it appears.
 - Kinesthetic learning: Order of Operations
- 
- 

Challenges and Solutions

Time



Movement = more focus & overall performance (e.g., better problem solving, mental performance)

Classroom management



Movement with routines/procedures & FUN; Low profile interventions (e.g., nonverbals, proximity) deemphasize the negative (e.g., be proactive, lower your voice)

Funding



Physical education teachers, PTAs, DonorsChoose.Org



Resources

SHAPE (Society of Health and Physical Educators) America
<https://www.shapeamerica.org/>

Calm for Schools <https://www.calm.com/schools>

Headspace for Educators <https://www.headspace.com/educators>

Unicef Kid Power <https://gokidpower.org/>

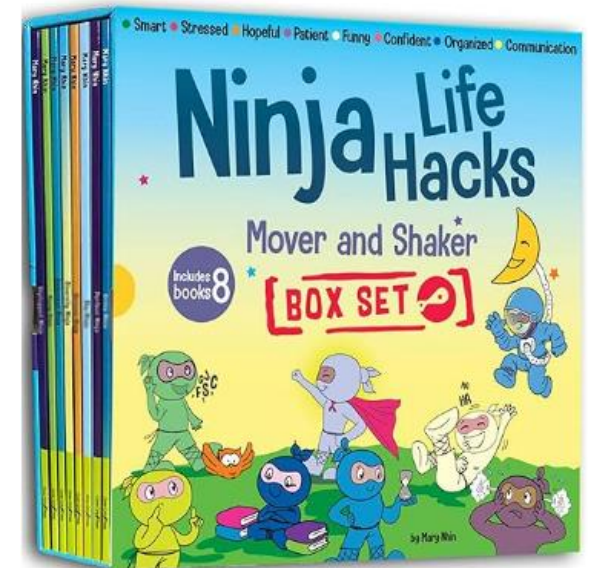
S'cool Moves <https://www.schoolmoves.com/>

[OpenPhysed.org](https://www.openphysed.org/)

[GoNoodle.com](https://www.gonoodle.com/)

Ninja Life Hacks Mover and Shakers Books

[Marcia Tate](#) ...[Grow Dendrites](#)





Thank you

Julie Delgado

julie.delgado@uconn.edu

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