

TOP TIPS FOR AN ACTIVE CLASSROOM



Moving more and breaking sedentary time (time spent sitting or not moving), is great for our bodies. It can help with concentration, attainment, sleep and mental health!

WHY NOT TRY SOME OF THE FOLLOWING WITH YOUR PUPILS:

- Encourage pupils to stand when answering their name on the register
- Encourage standing when asking a question
- Encourage standing when reading out loud
- Walk the book around the classroom when marking instead of passing it around
- Encourage standing when speaking or presenting
- If standing isn't possible, replace with 5 arm circles

COULD YOU DO A 5 MINUTE WALK AROUND THE SCHOOL AT THE BEGINNING OR END OF THE DAY?

- Can you do a short 3-5minute walk before a test or exam?
(Being active before a test can help with memory recall, and in reducing anxiety)
- Could you hold your lesson outside? Eg. under a tree or in the playground?

DON'T FORGET TO CELEBRATE YOUR SUCCESS AND SHARE YOUR STORIES WITH OTHERS!

REACH YOUR 60 MINS A DAY WITH 3 LOTS OF #20MINMOVE

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#20MinMove

