

Movement in the Classroom

"As schools incorporate more physical activity and fewer lectures, all students will experience increased intrinsic motivation, improved attitudes, more bonding and yes, even more brain cells."

Eric
Jensen

- Rule of thumb – A student's age determines how often movement is needed. Example: Students who are 10 years of age need to have an opportunity to move every 10 minutes; students 5 years of age need to have an opportunity to move every 5 minutes.

Elementary Ideas:

- Clapping Games – May be done in small groups with music in the background. Leader starts a clapping rhythm, each student offers something they learned in the class today. For example, "Today, I learned 5 times 5 is 25. The next person may initiate a new rhythm or keep the same. This is great for review, developing memory, listening and music skills.
- Cross Laterals – This may be done sitting or standing with music in the background. Touch hands to opposite knees; elbows, shoulders; pats on back; touch nose with one hand and hold opposite ear with other hand while switching quickly; do "lazy's" 8s; do air swimming or other sport moves.
- Simon Says – Have everyone stand and follow "Simon," as a host of commands are given. Variations may include: 1) listening skills; 2) name learning; 3) geography and compass points; 4) math skills; 5) science concepts; 6) foreign language skills.
- Roller Derby - Students stand and walk fast around the entire room like a roller derby to increase circulation. Ask them to think of two to five key words discussed in the last 15 minutes. Ask them to share their words with 3 others. Add words to classroom word wall. Set a few rules for safety and courtesy.

Secondary Ideas:

- Human Scavenger Hunt - Leader says something like: "Find and meet 3 others who..." add a characteristic such as, like hiking, wearing your favorite color, or have the same initial as you etc.
- Psychic Handshake - Everyone needs to think of a number between one and three. Ask everyone to stand to introduce themselves to others while walking around the room using their corresponding handshake: If their number is two they shake twice. If handshakes match they are psychic. Both raise hands up and say "Winner!" If handshakes do not match both raise hands and say "Learning!"
- Expert Interviews – In small groups or with a partner do a walking "expert" interview. The reporter job is to interview the experts on the present topic of study. Give them five minutes to "get the story," then reverse the roles so that the experts are not the reporters.
- Body Machines – Students work with a partner or small group. Call out various types of machinery for the groups to act out – car, computer, lawn mower, etc. May have music with a very definite beat in the background.