

Active Movement

Healthy Schools Champion

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Rye Oak Primary

Active Movement

Exercise levels decline 'long before adolescence'

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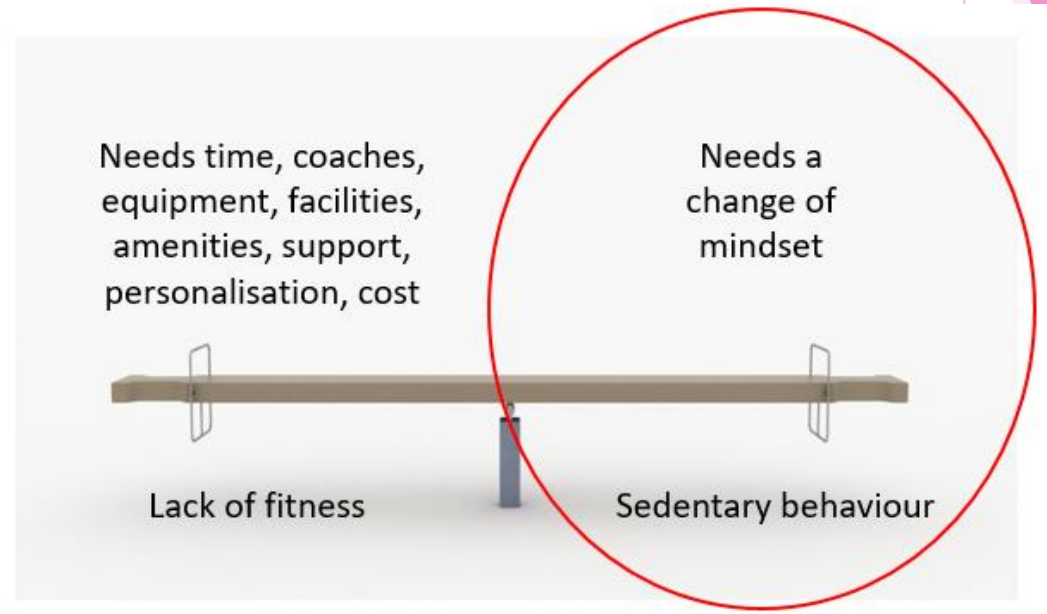


Adolescence is thought to be the time when children go off exercise - but a study in *The British Journal of Sports Medicine* suggests it happens much earlier, around the age of seven.

Sitting is replacing physical activity from the time children start school, the research

Active Movement

- ▶ Active Movement encourages non-sedentary learning
- ▶ Is a mind set change in how children respond to their learning
- ▶ Children stand up when and where possible, for the register, answer questions in class and assembly, peer marking and many more
- ▶ Encourages children to think about their sedentary behaviour



Why Active movement at Rye Oak?

- ▶ Silver Award initial survey
- ▶ Children wanted to be more active at school
- ▶ SDP: Action: attainment and progress to improve but also challenge - using this programme allows teachers to constantly recognise areas for support in the lesson due to the pupils participation through active learning
- ▶ Active Movement does both. Children are more active and most children are contributing to lessons a lot more - this has to be an achievement 😊

Trial

- ▶ I trialled the programme in my class for half a term
- ▶ Without a doubt, the children became much more enthusiastic about their learning
- ▶ All members of SLT came to observe the learning and asked children their thoughts
- ▶ I was then able to discuss the initiative with our SLT to ensure that it would be a whole school approach and that it supported our SDP.

Children's views

- S - learning is more fun and it makes me want to join in more
- R - Easier to answer questions as I feel confident to stand up
- K - I love seeing the smiles on my friends faces, I look forward to contributing and my body feels better during learning time
- H - I like it because I feel more confident to join in
- J - I like the feeling more alive, lessons are more interesting
- As- I like feeling active and want to contribute as much as I can
- T- It is like exercise for your brain
- Ai - It makes me confident to contribute

Child H

- ▶ H - I like it because I feel more confident to join in
- ▶ This opinion was from a child that never contributed in class, would freeze if asked a question directly and is incredibly shy.
- ▶ Now, he stands and contributes meaningful ideas and thoughtful opinions. The content of his writing has improved significantly.

Rye Oak now (comments from staff)

- ▶ Children are thinking of their own ways to be active learners
- ▶ Facilitating group and whole class discussions - speaker standing
- ▶ Children more focused on learning and listening to each other more
- ▶ Children are more keen to engage in learning
- ▶ Children are more alert
- ▶ EYFS are active learners - being more active during counting songs
- ▶ Some teachers have used it in science to be more specific about body part usage

Further reasons:

- ▶ This initiative is a part of our Silver Healthy Schools Award - improving activity levels. Teaching children that a sedentary life isn't good for their health. Also teaching them what small changes they can make and encourage their families too.
- ▶ Parental involvement.
- ▶ EYFS, have an active learning culture so the initiative provides soft toy animals that the children can take for walks with their families.
- ▶ Self-esteem - as I have explained child H's self esteem improvement. Many teachers have noticed that more children are engaged and contributing in lessons. Our children are less lethargic during learning time and are wanting to contribute.

Baseline

- ▶ Obviously, there are many factors that affect progress
- ▶ As a school we are looking at year 1 - 5 - Autumn 2017 - Autumn 2018.
- ▶ Three sets of data
- ▶ Also, Active Movement - initial movement survey to be completed by all children from years 1 to 5.

Pitfalls?

- ▶ Completing the initial active survey.
- ▶ Ensuring all teachers are passionate about the initiative and using it in their classrooms.
- ▶ Mid year start.
- ▶ September start would ensure Year 6 children gain as much from the initiative as possible as it also helps memory.

Any questions?

▶ Standing, of course!