



Active Schools

Active Classrooms
Bendigo Regional PD
Friday 5th May 2023

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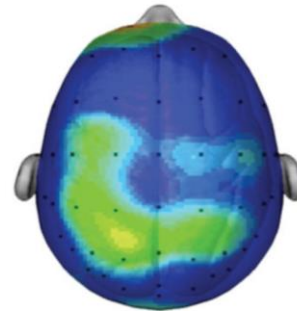
Department
of Education



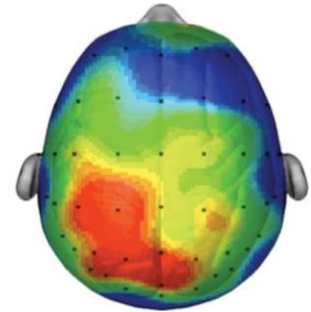
Why are active classrooms important?

- ***Better academic results***
- ***Increased attention and focus***
- ***Improved behavior***
- ***Better health outcomes***

Average composite of 20 students' brains taking the same test after 20 mins of:



Sitting quietly



Walking

Scan compliments of Dr. Charles Hillman
University of Illinois



What does an Active Classroom involve?



Activity used as an energiser



Activity linked to the learning intention



Activity within a unit of work (planned)



Active homework





What is an Active Classroom?

Delegate responses

- *Standing tables*
- *movement*
- *wobble chairs*
- *movement into learning tasks*
- *less sitting*
- *brain break*
- *less teacher talk*
- *Increase engagement*
- *Changing seats regularly*
- *Planned breaks*
- *Purposeful*
- *Cater for all*
- *Lesson models*
- *Energise Vs calm students*



**What are our blockers when
creating Active Classrooms?**

How can we alleviate these?



Blockers identified by staff

- **Over stimulation/hyping students up:** *devise a range of low key, standing activities such as Slow Mo tennis, replace hands up with stands ups, use yes (balance on one leg) or no (squat) as answers*
- **Time:** *activities to focus on getting students off their seat for short bursts rather than consuming loads of time eg students to walk to get their own equipment rather than it be readily on the table*
- **Safety:** *activities only require low impact, calm movement eg Make a number (fist activity)*
- **Knowledge of a game's repertoire:** *as a team we will build a resource kit for staff to use*



Blockers identified by staff (cont)

- ***Lack of space:*** *confined space is suitable, stand up, push chair in and complete an activity in the space you have (will also help to keep students calm)*
- ***Appearance of 'playing games' :*** *staff are supported to have students out of the seat, moving and rebooting their brains in readiness to refocus*
- ***Knowing where it fits into a lesson:*** *all lessons will differ as will your cohort of students. After 20-30 minutes of quiet sitting, a movement task is beneficial to reboot the brain*
- ***Lack of calmness and control in classroom:*** *you are all amazing at setting up routines and expectations, continue to do this in this context because you are amazing at this*



What will you/we do as a result of today?





Further supporting resources



Active Schools
online community
hub



Active Schools
Toolkit



ACHER Vic
resources and
consultancy



Active classrooms resources

- *Transform Us*
- *Outdoors Victoria*
- *Action for Healthy Kids*
- *Brain break cards (see attached)*



Any questions or comments?





Thank you

