



Active Schools

Active Classrooms Active Breaks

Tuesday 1 August 2023

achper
VICTORIA



Department
of Education



Learning Intention

To improve our Active Classroom practice and gain knowledge and skills in the TAB model.

Success Criteria

- Identify opportunities to embed active breaks in my unit plans and lessons.
- Identify ideas and activities from the session to strengthen active classroom practice at my school.
- Identify the resources that can assist these actions.



An active classroom involves:

- active breaks between and within learning activities
- learning activities which involve movement
- working at benches, standing desks, on the floor, or in combination to create movement between work areas
- learning outdoors.

Active Classrooms





Delivering PL on Active Classrooms



What?

Why?

How?



Affordance Theory (Gibson, 1979)

Potential to do or be rather than intended purpose



Moscow subway

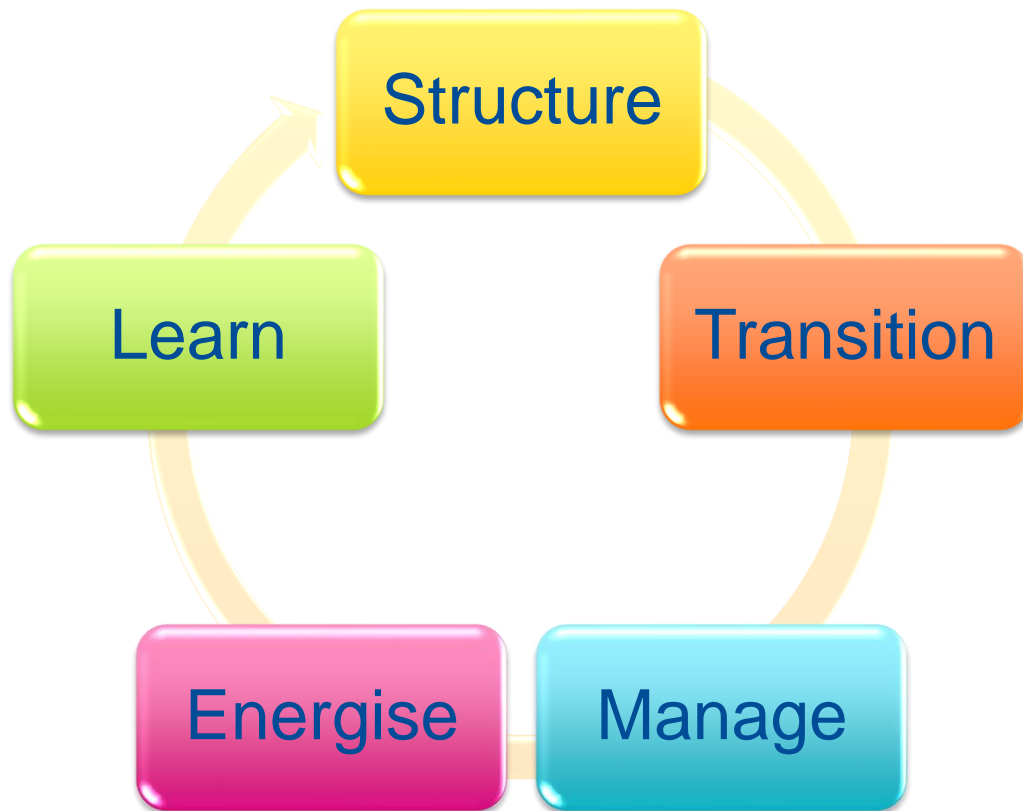


Toronto piano stairs

Stand-up desks



TAB Model





Structure

Movement is part of the structure of the lesson. Serves an instructional purpose.

Replace sedentary task with an active version.

Active questioning -

- Yes/No
- Heads/Tails
- A/B/C/D

Whiteboard dash

UNO cards - English

Tape on floor to represent a scale -

- Students vote with their feet.

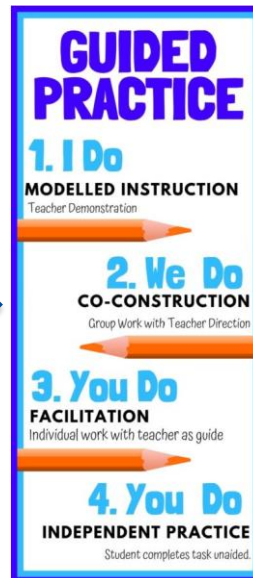


Transition

Intentional movement as students move from one task to the next.

Examples –

- Stand-pair-share
- Groupings – Clumps
- Gradual Release model



Baseline or diagnostic assessment.

- 3 key learnings...

Exit ticket –
muffin tin
ping pong balls
questions



Manage

Planned breaks to proactively manage the class, prior to off-task behaviour occurring.

Active –

- Dance/aerobics break
- Toe taps/thumb wrestle
- Morning routine

Calming –

- Breath ball
- Stand and stretch

Snow angels –
body awareness and calming activity.



Energise

Activate muscles, increase circulation,
deliver more oxygen to brain for focusing.
Re-engage.

Examples –

Active class roll call

Crossing the midline: Switch-a-roo/Hammer-and-Saw

Pop corn

Snap and wink

Hand table tennis

UNO attack workout



Learn

Introduce, reinforce, consolidate or demonstrate learning through embodied learning.

Examples –

- What's the time?
- Fractions/decimals
- Buzz
- I know, you know
- Re-enacting story – become characters.

Maths – number line up



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