

ACTIVE

CLASSROOMS



DEVELOPING AN *ACTIVE CLASSROOM*

**Learning
Intention:**

**To provide school staff with an understanding of how to
the KPA of implement active classrooms**

**Success
Criteria:**

- **I can reflect on my practice of implementing active breaks, active learning or active environments**
- **I can develop an active break or active learning activity for a future lesson**



**ACTIVE CLASSROOMS
INCORPORATE MOVEMENT
INTO CLASSROOM LEARNING
WHICH HELPS STUDENTS
RETAIN KNOWLEDGE IN A
MEANINGFUL WAY**

Active Classrooms



ACTIVE CLASSROOMS



ACTIVE BREAKS



**ACTIVE
LEARNING**



**ACTIVE
ENVIRONMENTS**

ACTIVE CLASSROOMS

Where are we at?

WHAT HAVE YOU IMPLEMENTED?

WHAT HAVE YOU SEEN DONE WELL?

WHAT HAVE YOU ALWAYS WANTED TO DO?



BARRIERS

**INTERRUPTS
LEARNING
PROGRAM**

**NOT ENOUGH
TIME**

**PLANNING
NEEDED**

**ESCALATION
OF STUDENT
BEHAVIOUR**

OTHERS?



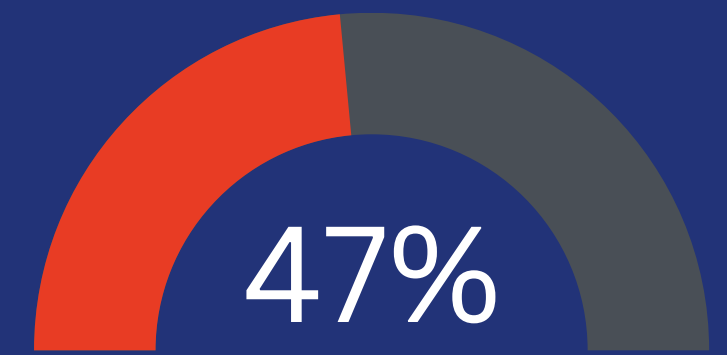
ACTIVE *Breaks*

ENERGISE

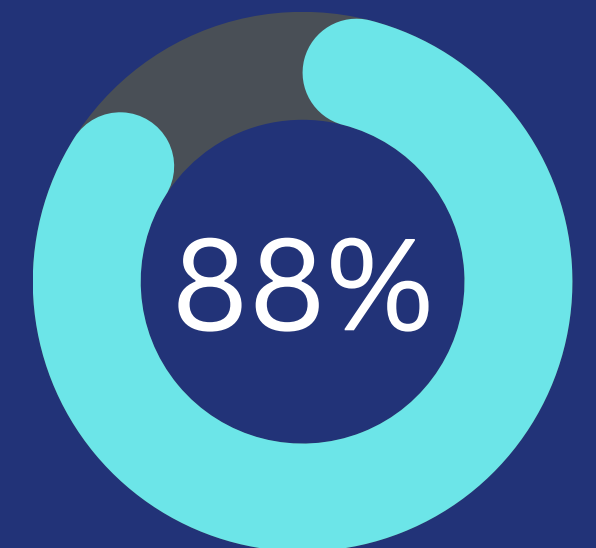
REGULATE

LESSON STRUCTURE

2 min for every 20–30 min of sitting



By including active breaks into lessons, one study reported an increase in physical activity of 47 minutes a week.



Teachers were 88% more likely to report that students' work improved after generic active breaks.

ACTIVE *Learning*

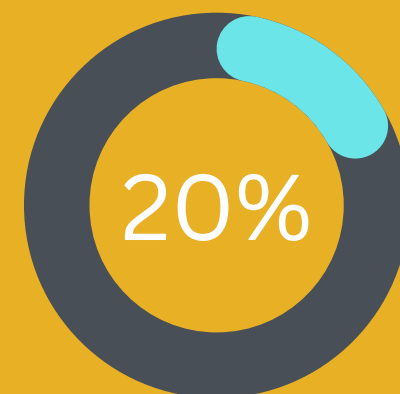
Swap a sitting activity for an active one

Swapping a teacher lead brainstorm on the whiteboard for small group brainstorms at standing whiteboards or poster paper around the room

Use activity as the learning tool

Learning coordinates and compass directions in a treasure hunt

Studies have found a 14-20% improvement in children's on-task behaviour during an active lesson compared to usual seated class lessons.



RESEARCH

A 3-year study that integrated movement into lessons found children had improved scores in reading, maths and spelling compared to children in schools who received usual seated lessons

ACTIVE *Environments*

90%

A study in the UK found that 90% of students thought an active indoor classroom was more engaging and the information covered was more memorable.



SIGNS AROUND THE ROOM

EQUIPMENT SPREAD OUT

CLASSROOM CONFIGURATION

CLASSROOM FURNITURE



BREAK THE BARRIERS!

**INTERRUPTS
LEARNING
PROGRAM**

**NOT ENOUGH
TIME**

**PLANNING
NEEDED**

**ESCALATION
OF STUDENT
BEHAVIOUR**

OTHERS?



RESOURCES

1 Australian Ballet – Educational Resource Hub

2 TransformUs

3 Outdoor Learning

4 Action for Healthy Kids – Active Breaks

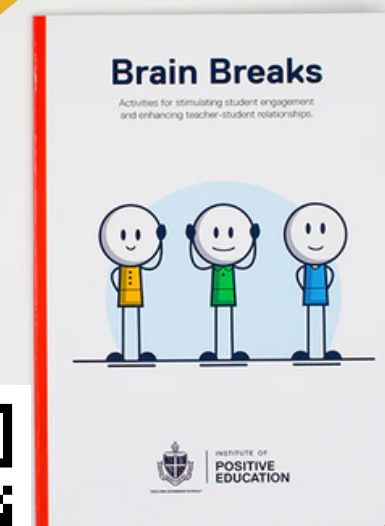
5 Institute of Positive Learning – Pocket Books



TransformUs®



AN INTRODUCTION
TOOLKIT 1



1. Work in pairs
2. Select a topic that you will be covering between now and the end of term
3. Create one active learning activity that you will incorporate into your lesson
4. Plan it using the template provided
5. We will share a few

These will be collated and emailed out to you with the other activities for you to use



**YOUR
TURN!**

Next Steps...

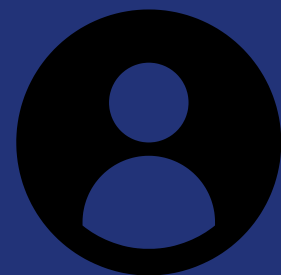
MAKE IT A WHOLE SCHOOL APPROACH!

- Share the research, data and benefits
 - Model the impact of active breaks/learning
/environment in staff meetings
 - Make it part of the instructional model and part
of your regular teaching practice
 - Add prompts into your lesson plan template
 - Share and collaborate in a plan approach to
ensure overlap is minimised
 - Have an active break student leader
- 



THANKYOU

*Keep in Touch
with Us*



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