Keep It Moving:
Ideas for Fun, Active Classroom Activities

During this event, Kevin will:

• describe the benefits of movement in the classroom
• share ideas for increasing movement in student-centered activities, while promoting classroom management
• provide alternatives for a variety of classrooms
Keeping It Moving

Ideas for fun, active, classroom activities
Kevin McCaughey
US Embassy, South Africa
Today you will

* see how to get more movement into class

* learn why movement is important

* explore how to make your classroom more movement-friendly
What's a Movable Class?

For all ages
How much of each class are students away from their desks?
"Movement? Uh... I think you really need to see my classroom first."
The Movable Class
Making Your Classroom Movement Friendly

Kevin McCaughey,

Photo: K. McCaughey
The Movable Class
Making Your Classroom Movement Friendly

Kevin McCaughey, Regional English Language Officer, Pretoria, South Africa

USA - 1902
Photo: Library of Congress
Why Go Movable?

2. Fun
3. More variety
4. More group work
5. More learner-centered class
6. Better class management

But the main reason...
1. Student health
Source unknown. Taken from MIT Open Courseware
http://www.core.org.cn
"Sitting Disease" Study, 2017

* "... direct relationship between time spent sitting and your risk of early mortality."

* "People who sat less than 30 minutes at a time had lowest risk of early death."

CNN, Sept. 12, 2017 reporting on study by Annals of Internal Medicine

"Sit less, move more."

The American Heart Association Scientific Statement (2016)
"Movement... is an essential factor in intellectual growth."

Maria Montessori

The Secret of Childhood, 1966
"The human brain is designed to think while moving."

Dr. James Levine
Get Up: why your chair is killing you and what to do about it (2014)
The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance

Suggested Citation:
CDC: Implications for Policy

* Physical activity can improve academic achievement

* Physical activity can impact cognitive skills
  concentration
  classroom behavior
What does your classroom look like?

Be a hero teacher
Break the sitting cycle!

FOR MOVEMENT BEYOND THE CALL OF DUTY IN THE CLASSROOM
3 easy ways to make your class more movable right now.
1. Fast Action Breaks
2. Grouping / Teamwork
3. Responding Bodily
1. Fast Action Breaks
2. Grouping / Teamwork
3. Responding Bodily
What does your classroom look like?

* Dance Break
* Stretch Break
* Standing Phone Check
* Laugh Break
* Roll Call on the Wall

Search "Energizers" online for hundreds more
What does your classroom look like?

* Dance Break
* Stretch Break
* Standing Phone Check
* Laugh Break
* Roll Call on the Wall

Search "Energizers" online for hundreds more.
THE HOKEY POKEY

PUT YOUR RIGHT ARM IN
TAKE YOUR RIGHT ARM OUT
PUT YOUR RIGHT ARM IN
AND YOU SHAKE IT ALL ABOUT

DO THE HOKEY POKEY
AND YOU TURN YOURSELF AROUND
THAT'S WHAT IT'S ALL ABOUT!

American English
* Dance Break
* Stretch Break
* Standing Phone Check
* Laugh Break
* Roll Call on the Wall

Search "Energizers" online for hundreds more.
What does your classroom look like?

Give commands in English for listening comprehension.
What does your classroom look like?

* Dance Break
* Stretch Break
* Standing Phone Check
* Laugh Break
* Roll Call on the Wall

Search "Energizers" online for hundreds more
3 minutes to check phone--but you have to be standing
What does your classroom look like?

* Dance Break
* Stretch Break
* Standing Phone Check
* Laugh Break
* Roll Call on the Wall

Search "Energizers" online for hundreds more
LAUGH
BREAK
BREAK
BREAK
* Dance Break
* Stretch Break
* Standing Phone Check
* Laugh Break
* Roll Call on the Wall

Search "Energizers" online for hundreds more
1. Fast Action Breaks
2. Grouping / Teamwork
3. Responding Bodily
Grouping / Teamwork

* Physical Action
* Problem-solving
* English Communication
What does your classroom look like?

Forming a single line
What does your classroom look like?
How you feel about spiders
How you feel about rock music
What does your classroom look like?

How you feel about accordion music

Heart

No heart

Arrow left

Arrow right
What does your classroom look like?

Corners of the classroom

[Blank space for images or descriptions]
What does your classroom look like?
What's your favorite season? Why?
What does your classroom look like?
What would you like to eat now? Give details
What does your classroom look like?

What would you like to eat now? Give details
Which of these jobs would be best for you? Why?
Which of these jobs would be **worst** for you? Why?
Students form groups of a specific number.

For example, Teacher calls out, "Groups of four!"
Or

"Groups of three! Raise your hands when your group is complete."
1. Fast Action Breaks
2. Grouping / Teamwork
3. Responding Bodily
Ask the class questions

Who likes chocolate here?
Who stayed up past midnight yesterday?
Is Washington, DC the capital of the USA?
Raising Hands?

Is coffee good for you?
What does your classroom look like?

Stand to mean "Yes"
What does your classroom look like?
What does your classroom look like?

Stand with a sign

Yes  No  ?!
1. Fast Action Breaks
2. Grouping / Teamwork
3. Responding Bodily
Add Movement to Your Favorite Tasks
"That's all fine for you. But in my classes... it's impossible."
Expand the classroom
The Classroom is

- your stage
- your office
- your studio
- your place
Why Go Movable?

2. Fun
3. More variety
4. More group work
5. More learner-centered class
6. Better class management

But the main reason...
What does your classroom look like?
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But the main reason...
Why movement?

2. Fun
3. Better class management
4. More variety
5. More group work

—but mostly …

Photo: Kevin McCaughey
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But the main reason...
American Corner, Poltava, Ukraine
‘Speed English’
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But the main reason...
Why a Movable Class?

Pairs in “Speed English” – 120 students
Why a Movable Class?

Standing Triangles

Photo: Kevin McCaughey
1. Student health
"Wow. You mean moving around is good for learning, good for health, AND good for student behavior?"
Keeping It Moving
Ideas for fun, active, classroom activities

Kevin McCaughey