

## TEACHER'S CORNER: MOVEMENT IN THE CLASSROOM

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Incorporating more movement into classroom activities can be good for students' cognitive development, behavior, and health (McCaughey, 2018). However, it can seem challenging to incorporate activities that get our students moving in some settings. For many teachers, class lessons and activities are defined in part by the layout and organization of the classroom space. If a classroom is small, the teacher and students might feel forced to squeeze into the room with little room to move around. If a room is large but the desks cannot move, the teacher and students might feel stuck with always having the teacher at the front of the room and the students facing the teacher. However, teachers and students can still alter and adjust the classroom arrangements in small ways to better fit the needs of an activity, the learners, or the teacher. Using the space more effectively and getting students to move within that space can help improve collaboration, motivation, and attention in the language classroom.

In this month's Teacher's Corner, we build on issue 56.1 of *English Teaching Forum* and a related Facebook Live event on the American English for Educators page to explore activities that get students moving in the classroom. In Week 1, teachers return to a tried-and-true Total Physical Response activity to get students moving and interacting freely in the available space. Week 2 explains an activity using the Four Corners technique to get students out of their seats and to change their perspective as they collaborate and present information. A vocabulary race is the focus of Week 3's activity. Finally, Week 4 introduces a series of alternative classroom set-ups that lend themselves well to group work and discussions while also getting students out of their regular seats.

## **Additional Resources**

For additional information about movement in the classroom, check out a few of the many resources available on the American English website:

[The Movable Class: How to Class-Manage for More Active and Healthful Lessons](#)

[Using Music, Chants, and Movement](#)

[Physical Vocabulary in the Beginner-Level Classroom](#)