

# Active Classrooms

A practical guide to using Active Blasts to support your learning



## Chapter 2 - Practical activities for your classroom

## Building an active learning environment

As a team, we are extremely proud to have collectively worked within the education sector for over 10 years and to have partnered with over 600 schools supporting amazing and inspirational teachers just like you.

Over those years, we have seen many changes within the classroom environment.

A big change has been a shift towards more physical activity and active learning. And it's not surprising when you consider the significant benefits that increased movement can have, not just on your pupil's physical, emotional, and social wellbeing, but their academic performance too.

**Did you know that just 30 minutes of activity every day can have a major impact on a child's life and whole school improvement?**

Yes, evidence shows that regular daily activity can have a positive impact on children's learning and academic achievement, as well as on their social and emotional wellness, in addition to all the physical health benefits too!

Many teachers we've worked with feel that they lack the skills, the confidence and above all, the time, to figure out how to get their pupils more active throughout the day without losing valuable learning time.

Which is why we've created this dedicated resource just for you.

We've broken it down into 2 bite size chunks, and have included a few simple tools and takeaways for you to implement within your classroom to support your children's learning:

- Part 1 - Classroom set up and expectations
- **Part 2 - Practical activities for your classroom**

This handy guide can be accessed anytime, anywhere, by you and your colleagues. Just a little something to give you the extra support you may need during this academic year.

**Imogen Buxton-Pickles** | Founder and Director of imoves



## Using activity in your classroom

Short bursts of activity promote the production of fantastic hormones such as noradrenalin, dopamine and serotonin (the happy hormone) – all of which help children to become even more focused on learning directly afterwards.

Blood flow is increased and fresh oxygen pushes out the toxins in the brain that cause brain fog and fatigue - it's literally like pressing the refresh button on your laptop!

So when do you see the biggest dip in your children's focus and attention?

*Below are some great examples of things you can use in your classroom to avoid that dip!*

### Active Blasts

Video based active blasts are a fantastic way to engage ALL children - and you can keep it fresh by regularly changing what you do too!

Increase the duration of the activity slowly, and keep them short - no longer than 10 minutes as kids will lose interest!

*You'll Find loads of fun videos on YouTube - or try asking your children to choose a favourite piece of music and do some simple exercises in front of their desks - star jumps, bunny hops or lunges.*



You'll find a selection of active blasts on our YouTube channel - head on over and search for **imoves**



### The 'Choose Between' Game

Start to add movement into sedentary lessons. An easy concept to start with is "choose between" which can be introduced in ANY lesson.

It involves your children giving an answer to a question through movement rather than speech.

Firstly, think of two physical actions – for example **'A Dab'** and **'A Star Jump'**.

Then, ask your class a question that has two possible answers (such as higher or lower, true or false, hotter or colder) – and they have to answer by doing a dab or a star jump.

*For older children, you can increase the number of potential responses to a question and add in more movements.*

## Line Activities

Children spend time during the school day standing in line - maybe it's waiting for assembly to start or waiting for their lunch to be served. Whatever the reason, we think this is a great opportunity to get active!

Below is an example of a poem and actions that you and your class can learn. Sign along using the melody of "The Grand Old Duke of York"

Oh we're marching in a line - (March on the spot)

Yes we're waiting to move - (March on the spot knees higher)

We can touch our toes - (Touch your toes)

We can touch the sky - (Stand on tiptoes with arms up high)

We can do a funky groove! - (Do a funky groovy move!)

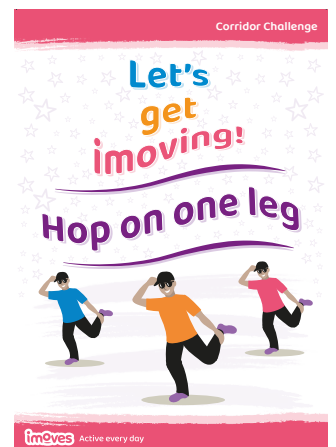


## Corridor Posters

This idea was inspired by a headteacher in the UK - he wanted his children to be more active throughout the school day, and he designed some posters that he stuck up around his school.

These posters encouraged children to move around the school corridors in fun, creative ways - jumping, hopping, skipping, side stepping... you name it, they do it!

Why not get your children to create their own active corridor posters? We've developed a few of our that you can use as inspiration:



## Word Action Games

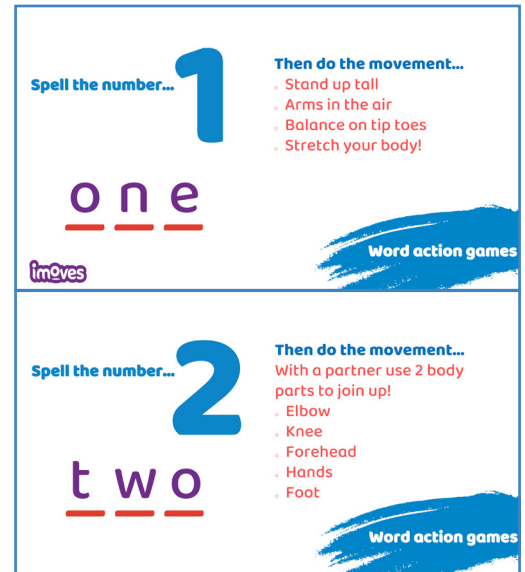
These work really well in literacy, especially to dramatize stories or poems.

Here are some examples of flashcards you could use to help children with their spellings.

- Pop children into small groups and give them a word to spell.
- Ask them to write the word in their books.
- Then use the movements on the flashcard to spell out the word using their bodies.

You could also use Word Action Games for something more specific, like teaching children about formal and informal speech.

The teacher would read out a word and the children either **MARCH on the spot and salute** if they think the word is typical of FORMAL speech, or **FREESTYLE dance** if they think the word is typical of INFORMAL speech.



## Circuit Cards

This is a great activity to do in small groups, and can be used in absolutely ANY subject!

Create a set of 10 or 12 Flashcards and place them around your classroom - each card should have a different problem to solve.

Here's an example of a literacy question around Apostrophes.

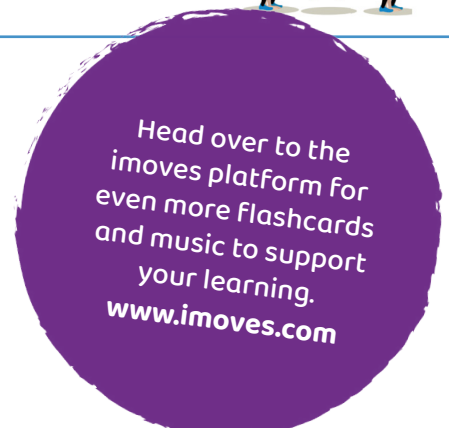


- Children move around the classroom to find a circuit card.
- First, they should write the answer to task 1 in their books or worksheet.
- Then they should do the action on task 2 on the circuit card.

They only need to spend a couple of minutes on each circuit, depending on the problem, until they move onto the next.

### Apostrophe circuit card 1

1. Punctuate this sentence on your worksheet...  
-The postmens bags are full of letters-
2. Do at least 10 power squats.  
Squat low enough to look through a letterbox!





## A final thought from Imogen

After reading this report, I hope you are thinking "I can do this!"

Please take inspiration from this and get your children moving as much as possible every day. Once you are up and running, and more confident using active blasts, you may want to try a spot of active learning.

We're passionate about making teachers' lives easier, helping them to nurture and encourage brighter, healthier, and happier children, and providing expert support and guidance along the way to ensure movement becomes a long-term, results-driven part of your class or school.

**This document is just one part which covers practical ideas for your classroom - there's also part 1 which includes classroom set up and expectations.**

Drop me an email if you'd like this sent over.

Let me know if this report was useful, or if there are any other activities of your own that you would like me to share with my network of like-minded teachers – it's always great to inspire each other!

You can find me at [imogen@imoves.com](mailto:imogen@imoves.com)

Best wishes,

Imogen

PS. Don't forget to set up your free imoves account for tonnes of free resources to support you and your children. Go to [imoves.com](https://imoves.com)

PPS. You'll also find a useful webinar to accompany this guide over on our YouTube channel - head over to YouTube and subscribe to **imoves**