

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

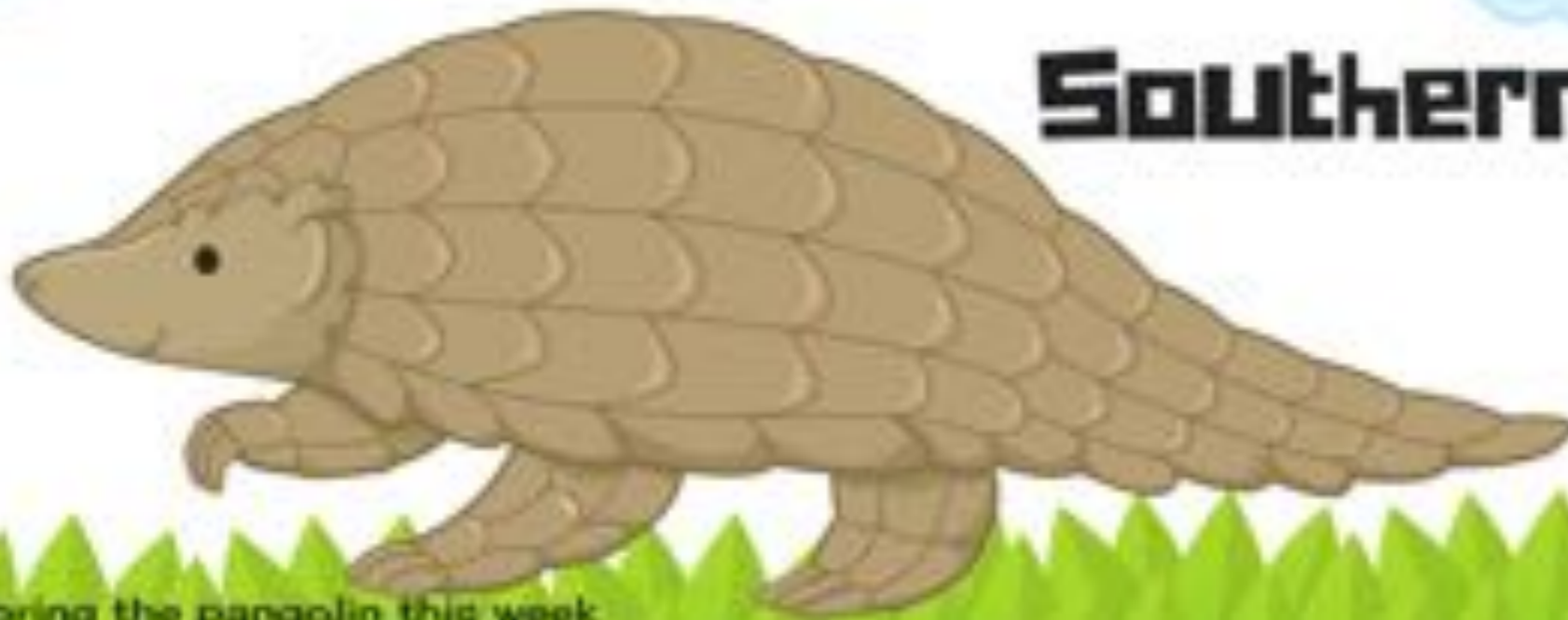
Keeping It Moving

Ideas for fun, active,
classroom activities



Regional English Language Office

Southern Africa



Honoring the pangolin this week

US Embassy, South Africa



Kevin McCaughey
US Embassy,
South Africa



Today you will

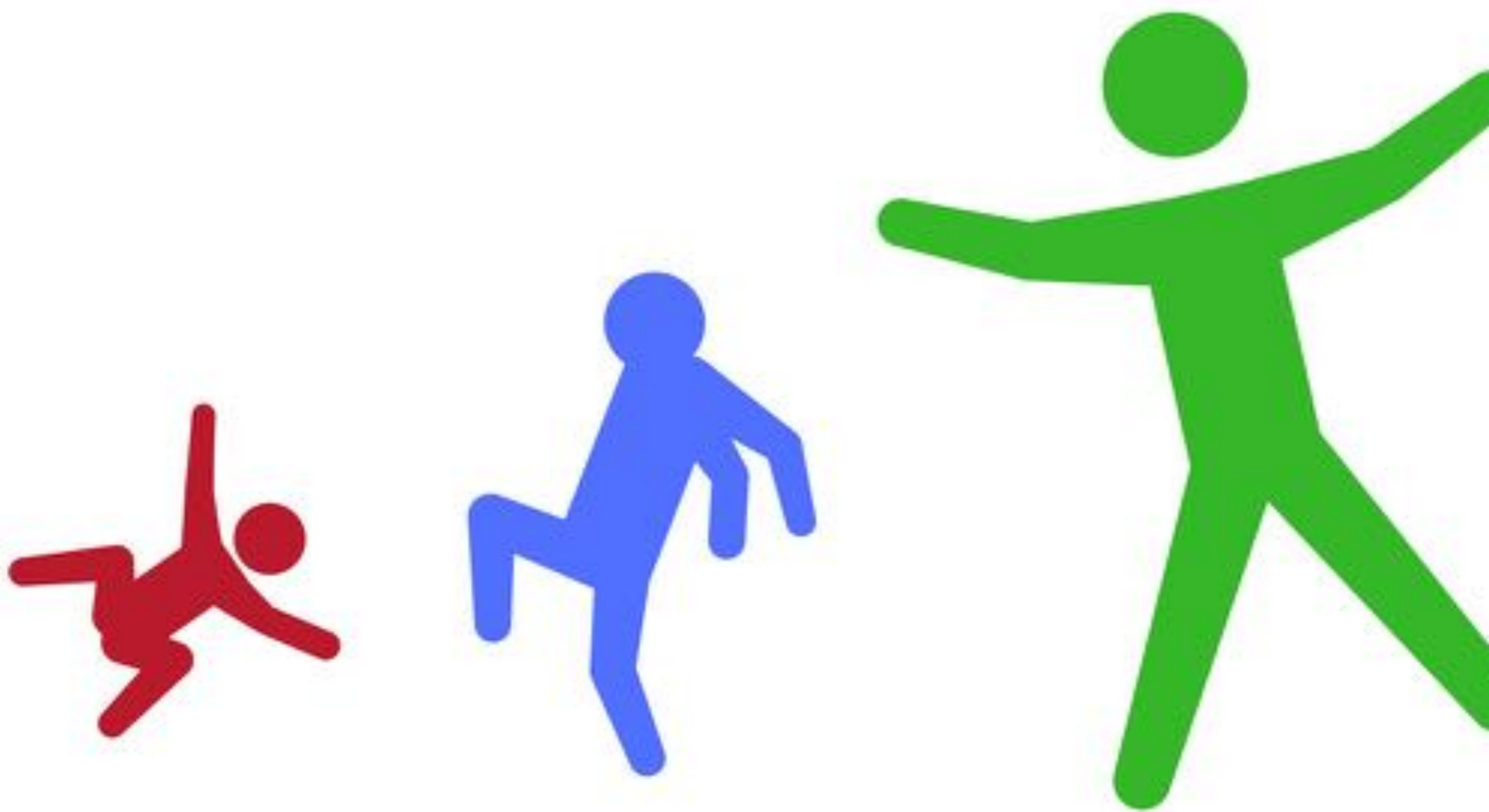
- * **see** how to get more movement into class

- * **learn** why movement is important

- * **explore** how to make your classroom more movement-friendly



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."





Photo: Kevin McCaughey



English Language Fellow Kasey Larson
#myclassroom
Mozambique



By Discott - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=31710925>



Photo: John Whelan,
English Language Fellow



Photo: K. McCaughey



Photo: Madhurita Nath
#myclassroom



Photo: K. McCaughey



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:

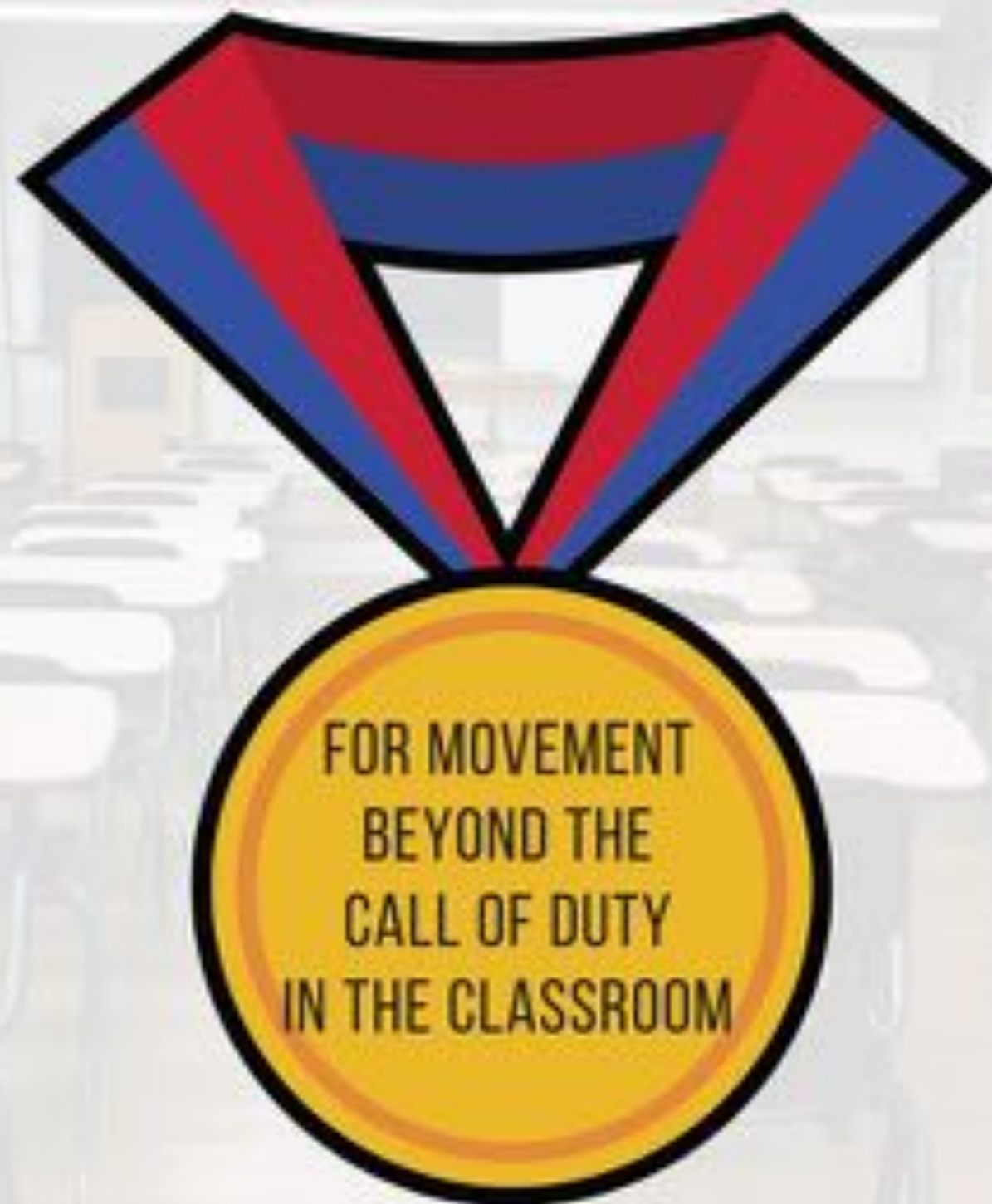
Centers for Disease Control and Prevention. *The association between school based physical activity, including physical education, and academic performance*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

CDC: Implications for Policy

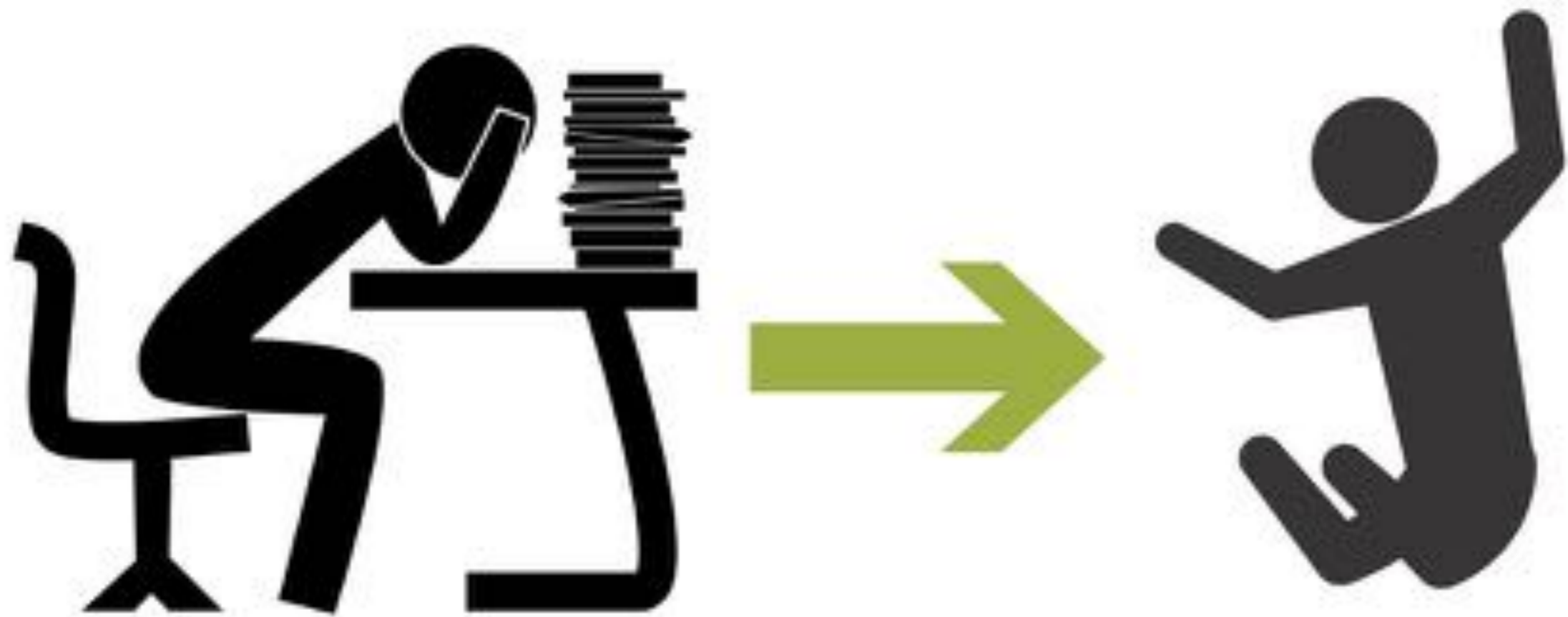
- * Physical activity can improve academic achievement
- * Physical activity can impact
cognitive skills
concentration
classroom behavior



Be a hero teacher
Break the sitting cycle!



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



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

Search "Energizers" online for hundreds more



- * 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!**



* Dance Break

* Stretch Break

* Standing Phone Check

* Laugh Break

* Roll Call on the Wall

Search "Energizers" online for hundreds more



Give commands in
English
for listening
comprehension

* 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



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

Search "Energizers" online for hundreds more

LAUGH
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

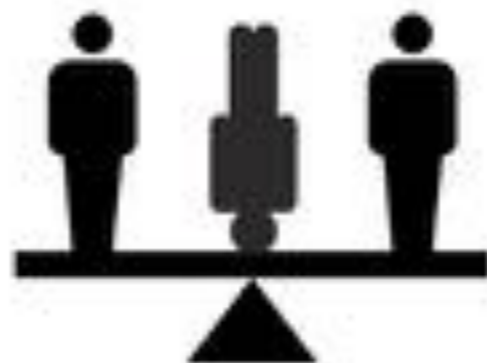
2. Grouping / Teamwork

3. Responding Bodily



Grouping / Teamwork

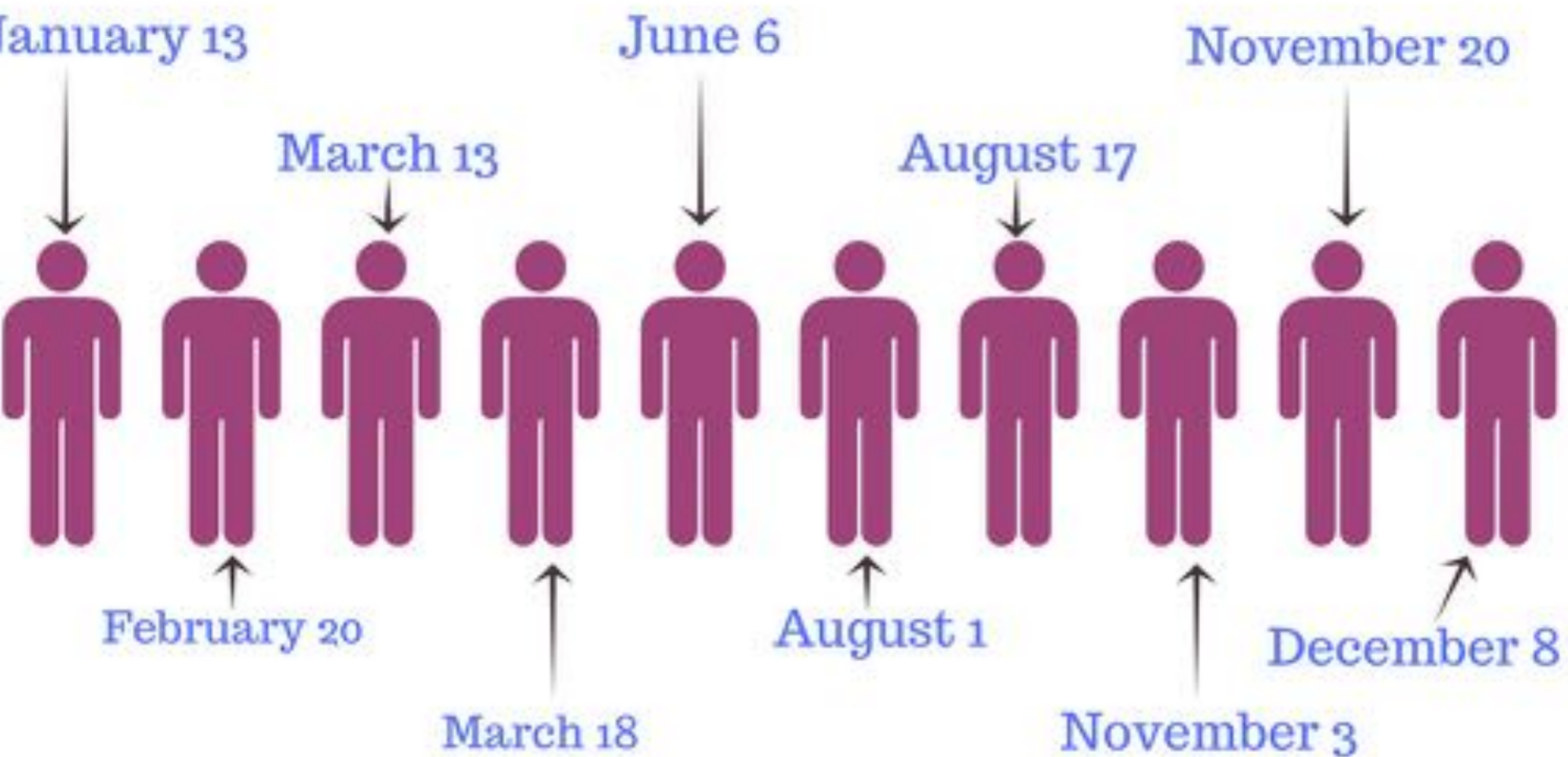
- *Physical Action
- *Problem-solving
- *English Communication



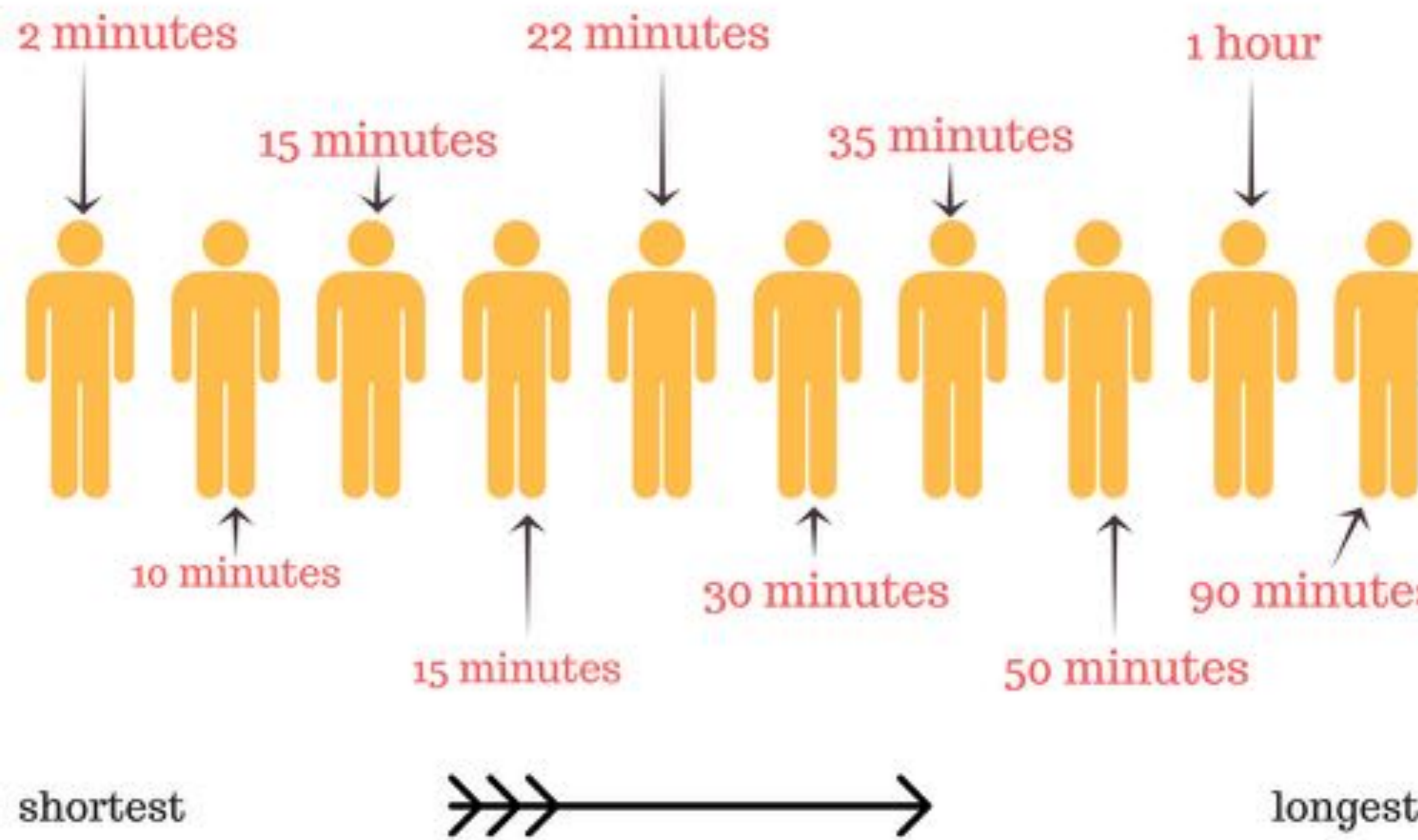
Forming a single line



Birthday calendar



Time it takes to get to school



How you feel about spiders



How you feel about rock music



How you feel about
accordion music



1

Corners

of the classroom

2

3

4

North

Corners of the classroom

East



West

South



Corners of the classroom



What's your favorite season?
Why?



Corners of the classroom





sandwich
of your
choice

Corners

of the classroom



pizza
with
toppings
of your
choice

What would you like to eat now?
Give details

salad of
your
choice



desert of
your
choice





Corners of the classroom



What would you like to eat now?
Give details



computer
programmer



lawyer



Which of these jobs
would be **best** for you?
Why?

retail
salesperson



park
ranger

computer
programmer




lawyer

Which of these jobs
would be **worst** for you?
Why?


retail
salesperson







park
ranger



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?



Stand to mean "Yes"



Stand with a sign



Stand with a sign



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."





Photo: John Whelan,
English Language Fellow



Lots of room outside
Easy access

Aisles for
standing partner lines

Lots of room outside
Easy access

Any room in back?

Movable

space here in front

Movable?

Expand the classroom













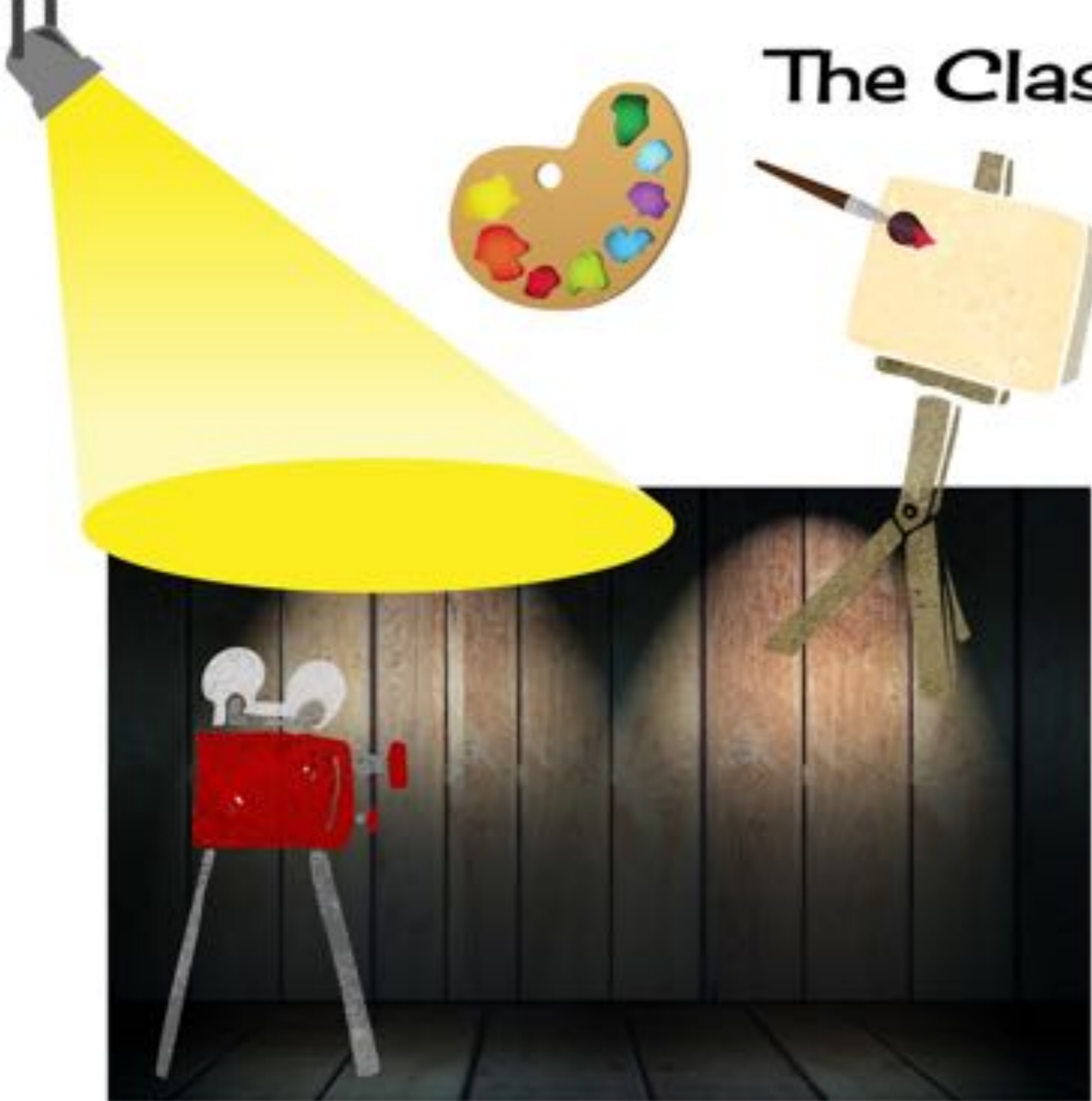
The Classroom is

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...





America House, Kyiv, Ukraine
Photo: Kevin McCaughey

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...





Photo: Kevin McCaughey

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...





English Access Microscholarship Program, Zimbabwe
Photo: Marie Snider, English Language Fellow

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...





American Corner, Poltava, Ukraine
'Speed English'



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...



Timer

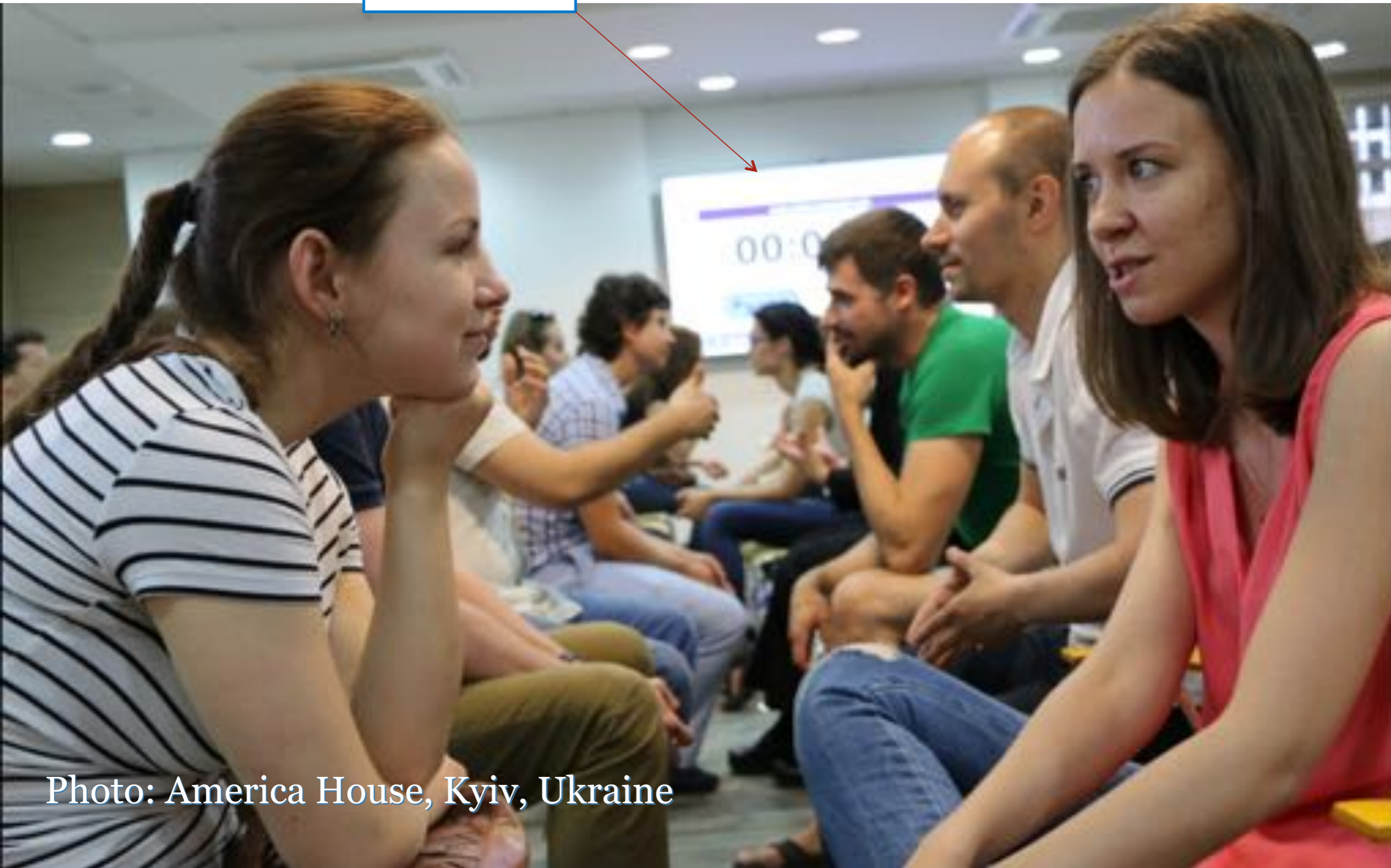


Photo: America House, Kyiv, Ukraine

Pairs in “Speed English” – 120 students

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

REGIONAL ENGLISH LANGUAGE OFFICE SOUTHERN AFRICA



US Embassy, South Africa
RELOSouthAfrica@state.gov
facebook.com/RELOSouthernAfrica

