

Incorporating More Movement in the Classroom

Medina, Zadina, Ratey and others all stress the importance of exercise and movement in learning. Since it's not realistic to have treadmills in the classroom or have our students run a mile before class, we need to find simple ways to get our students moving more in class on a regular basis. Consider incorporating examples like the ones below whenever you have a discussion, pretest or review of any topic. Students may balk at first, but if you get them moving from day one and practice procedures for smoother implementation (such as when do you talk and when do you not), you will have more success.

- "Take a Stand"- True- walk to this side of room; False- walk to that side of room.
- "Pick your Spot." Have colored signs around room. If you think answer is _____ walk to _____ colored spot. If you think answer is _____ walk to _____ colored spot. Etc.
- Have signs around room labeled "I know this" "I know something about this" and "I don't know this." As a pretest or review, ask questions about a topic and have students move to designated area.
- If you agree/disagree with this statement, stand up and switch seats with someone else.
- If you can think of an example of this in your life, come to the board and write "yes/your name"
- If you can relate /can't relate to this statement/idea/ high five someone/tense all your muscles and then relax/roll your shoulders.
- If you can understand this point, stand up.
- If this point/perspective/notion/belief bothers you touch your nose.
- Come give me a high five if you will _____ in the future.
- Shoot a basket if _____. (or play TrashBall)
- If you can name a _____, walk to the door and back, jog in place, do a jumping jack.
- If you know the answer stand/do a push up