

# Move to Learn – Learn to Move

## Quick reference SHEET #3



For most children sitting still for any length of time means focus can be lost on the task. This can be especially true for children with movement difficulties or attention challenges e.g. those with ADHD or Dyspraxia / DCD traits. Getting up and moving for a few minutes can be a useful approach to help re-focus.

Some learners who are hypermobile may find it painful to sit in one position for too long.

A movement break can include going for a drink, running errands, getting up to sharpen pencils, handing out papers/books, recess and gym class. Some learners can be helped by being given coloured cards and showing it to the teacher when they need a movement break.

Build movement into lessons. For example, break up a topic into parts. Learners find the pieces of a 'puzzle' in order and put them together e.g. letters of a word can be placed around the classroom.

Use PE / Sports to reinforce the learning of mathematics, literacy skills and social skills. Have a special week for Victorian or Roman - games / sports, for a focus on history of a specific era e.g. skipping, marbles, hopscotch, yo-yos.

## Classroom gymnastics

- ❖ **Chair push-ups** – grasp either side of the chair seat and push up to lift bottom from the seat. Now push down onto the seat.
- ❖ **Stamp it out** – while seated in desk and grasping sides of seat with hands, quickly raise and lower each leg with knees bent to 'stamp' feet.
- ❖ **Easy Tug o' War** – grasp hands with learner next to each other and tug (gently) back and forth.
- ❖ **Hand rubs** – rub hands together, cup hands over eyes and ask learners to take three slow breaths in and out.
- ❖ **Hand presses in twos** – learners pair up, and place hands together, and then push or press each other's hands.
- ❖ **Hand grips** – clasp hands together (without interlocking fingers) and squeeze; alternate hand on top.
- ❖ **Legs up** – while seated in your desk with your hands holding each side of the chair seat, lift your legs off the floor with legs straight and hold for a count of 5-10 seconds.
- ❖ **Reach and stretch** – standing beside the desk, reach to the sky, then hands onto shoulders.
- ❖ **March to time** – march in place beside desk.
- ❖ **Wall push-ups** – stand with feet together, one large step from wall, place hands on wall at shoulder level, touch nose to wall and then push away.

