

MTLBenefitsofMovementbreaks.mp4

[00:00:00] All children need to move regularly in order to learn. This is because to balance and sit upright and concentrate. They need to frequently activate their sensory systems. Just moving at break times and P.E. isn't enough. When children have been still and quiet for a long amount of time. Their attention starts to fade. To reactivate their focus. Regular movement breaks throughout the day both in and out of lessons are essential. The movement breaks sequences in this resource can be used in classrooms with children and have been designed to help them concentrate and support their physical skills. They also demonstrate that children can move in the classroom in a safe and structured manner and that they enjoy it. Other benefits include working together and social skills as some of the breaks are designed to be carried out in pairs. The resource also fosters creativity and independence as they give guidance on how pupils can design their own movement breaks to support themselves and their classmates.

[00:01:07] So you're going to choose a movement activity for us to do today.

[00:01:13] You want to do that.

[00:01:15] Okay so we're having a strict one there, yeah. Well what about you?

[00:01:23] So you want to do that, we'll turn of those. The majority of sequences are based on weight bearing, resistance and stretch activities. These can be used in transition times and after coming in from morning a lunchtime breaks to provide the appropriate physical and sensory input for learning. They have been especially designed to ensure that they should not over stimulate children particularly those with physical or sensory difficulties. The alerting movement breaks can be done when the class is particularly sluggish to wake them up ready to concentrate again. Specific movement sequences have also been created to prepare pupils hands and arms in readiness for handwriting.

[00:02:08] It is important to remember that these exercises support all children to learn and develop and not just those with physical difficulties. However, movement breaks are also a good opportunity to help identify pupils who find some of the physical activities challenging. Where the movement breaks support some pupils ability to sit and attend and whether particular children become overstimulated by movement. Should you notice any particular issues certain learners might be experiencing when carrying out the sequences the activities in section 3 may help learners skills.

[00:02:49] Good good good. And what do we always finish with? A stretch.