

WHY ARE MOVEMENT BREAKS IMPORTANT?

Movement breaks are brief intervals of structured physical activity in the classroom led by a teacher that provide students a “brain break” and allow them to burn off excess energy so they are more focused, engaged, and ready to learn!

In addition to helping students get their daily recommended amount of physical activity, research has shown that movement breaks are associated with improved:

Cognitive performance
(e.g., attention, concentration)

Educational outcomes (e.g., test scores, literacy, math fluency)

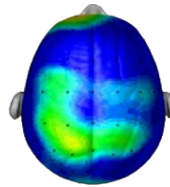
Classroom behavior
(e.g., on-task behavior)

ACTIVE STUDENTS ARE BETTER LEARNERS

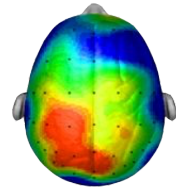
Brain scans of students taking a test:



Red areas are **very active**;
Blue areas are **least active**



After 20 minutes of **sitting quietly**



After 20 minutes of **walking**

WHAT DOES THE DISTRICT'S WELLNESS POLICY SAY?

SDP Policy 145: Student and Staff Wellness states that "students will be given movement breaks every 90 minutes of seat time."



There's never a bad time to take a movement break! Do one before a test or quiz, anytime you notice signs of fatigue, boredom, or distraction, or after recess to get students refocused! Flip over for more information and ideas.

TAKE ACTION!

WHAT YOU CAN DO:

✓ USE INTERACTIVE ONLINE VIDEOS

Many movement break videos include educational content and support core curriculum standards - making them a win-win for learning and physical activity! Check out **Activity Works, GoNoodle, Stand Up Kids, and You Tube** - some great channels include The Learning Station, Cosmic Kids Yoga, Dance Sweat Live, Move to Learn, and Have Fun Teaching

✓ DO ACTIVITIES ON YOUR OWN

There are countless exercises, games, and activities you can do to get your students moving. Search for these free online resources to get inspired:

- Alliance for a Healthier Generation: Physical Activity Task Cards and Fitness Trail Station Cards
- Action for Healthy Kids: Classroom Brain Breaks Pinterest Board
- West Virginia Department of Education: Let's Move Resource Guide
- Colorado Education Initiative: Take a Break! Teacher Toolbox
- North Carolina Healthy Schools: Energizers

✓ FOLLOW THESE TIPS

- Be a good role model - participate with your students in the activity
- Add movement breaks into your daily schedule and set daily or weekly goals
- Do school-wide movement breaks over the loudspeaker during morning announcements. Have a different student lead them every day as a reward
- Create a classroom atmosphere that embraces movement. If possible, purchase fun equipment such as spot markers, yoga mats, and balance boards

WHAT EAT RIGHT PHILLY CAN DO:

Our team can help every step of the way! We can provide the following:

- FREE access to Activity Work's full library of videos for all SDP teachers. Contact Jenna Demirjian at jmcruz@philasd.org to get your login information
- Monthly movement break activity handouts for elementary, middle, and high schools
- Training and coaching for teachers on how to effectively lead movement breaks

CONTACT US TODAY TO GET STARTED!

Reach out to your Eat Right Philly Educator or visit our website to find out which partner is working in your school and access their contact information.