



Teaching Channel

A K12 Coalition Company

## 20 Ways to *Get Your Students Moving*

1. Do a “walk and talk” where you provide a discussion prompt and assign partners. Lead students on a walk either around the building or better yet, outside, as they chat!
2. Prepare a “gallery walk” for students to allow them to move about the room while they examine readings, documents, samples or examples.
3. Encourage students to stand and read while they move their hand in a circular motion or rock slightly back and forth. These small movements have been shown to increase fluency!
4. Stop in the middle of a lecture and ask students to stand. Have them do ten calf raises to get the blood that has pooled in their lower body back to their brain!
5. Have your learners act out key concepts or vocabulary words.
6. Encourage students to develop a movement cue linked to a certain piece of information they need to remember.
7. Let them play! AND play with them!
8. Truly consider the benefits of flexible seating and implement it in your classroom.
9. Develop a scavenger hunt for students. This can easily be connected to content as clues become math related or science specific, as an example.
10. Use a soft ball or bean bag to throw between students as they take turns sharing thoughts and insights about their learning.
11. Let your students create movement-based games for younger students. They can create the games, teach the games, and coordinate the games. This also provides a mentorship opportunity.
12. Hold a “fitness” drawing one time per month/week. Students can enter one time for every 15 minutes of physical activity they complete outside of school. You can determine parameters.
13. Teach learners to listen to their body and their movement needs. Provide freedom your classroom (within limits) to allow students to meet their own needs.
14. Provide opportunities for your students to think about and tell you how movement could be incorporated into your content. They have wonderful ideas!
15. Explicitly teach students why they need to move and have them develop their own plan to infuse movement into their school day or weekend days!
16. Co-teach a lesson with the physical education teacher. Share your goals related to academics and increasing movement. They are bound to have some great insights!
17. Devote one bulletin board to the importance of movement/exercise.
18. Model movement, use self-talk about why you are moving and reinforce students for choosing movement when appropriate!
19. Teach students exercises or yoga!
20. Put some music on and just let them dance.

