

A Principle for Exercise and Movement

Purpose:

The purpose of this principle is to promote physical activity and movement throughout the school day to support students' overall well-being, concentration, and learning outcomes. Physical activity is an essential part of a healthy lifestyle and contributes to students' physical, mental, and social development.

Goal:

The goal of this principle is to integrate movement and exercise into the school day.

By incorporating movement into the school day, we aim to:

- Enhance focus, learning retention, and overall student well-being.
- Ensure that movement is integrated into both structured lessons and free play.

School responsibility:

The school will:

- Integrate movement-based activities into lessons, such as role-playing, acting out scenarios, and incorporating hands-on, kinesthetic learning.
- Encourage regular breaks that involve movement, including stretching, brain breaks, and hydration pauses.
- Offer structured activities such as dance, yoga, and quick laps as part of the daily routine.
- Utilise outdoor spaces for classwork and learning activities when feasible.
- Promote brisk walking to specialist facilities such as music, PE, and Klub as an opportunity for additional movement.
- Communicate clearly to students and parents about movement initiatives within the school.

Parents' responsibility:

Families play an essential role in encouraging physical activity outside of school hours. Parents are encouraged to:

- Promote active lifestyles at home by encouraging their children to participate in sports or recreational activities.
- Support school-led initiatives related to movement and well-being, such as motionsdag.

Student responsibility:

Students are encouraged to:

- Actively participate in movement-based learning activities.
- Take responsibility for their own well-being by staying active throughout the day.
- Encourage and include peers in movement activities.

Success criteria for this principle:

- Student participation in movement-based activities during lessons.
- Regular and structured physical activities incorporated into the school day.
- Students demonstrating increased engagement, focus, and well-being.
- Positive feedback from students, teachers, and parents regarding movement initiatives.

Related documents

- Principle for Healthy Habits