



Creating happier healthier children, who are all-round stronger learners

1000's children active every day through technology



Confident workforce

Who can facilitate active lessons from PE to Science



Teacher

PE Lead



TA



Break supervisor



Today's Journey

1. A PE Lead's role in becoming an Active School
2. The effect of **exercise on the human brain**.
3. Strategies to develop a truly Active School.
4. How to create **step change** in teaching methods.



Road to Success

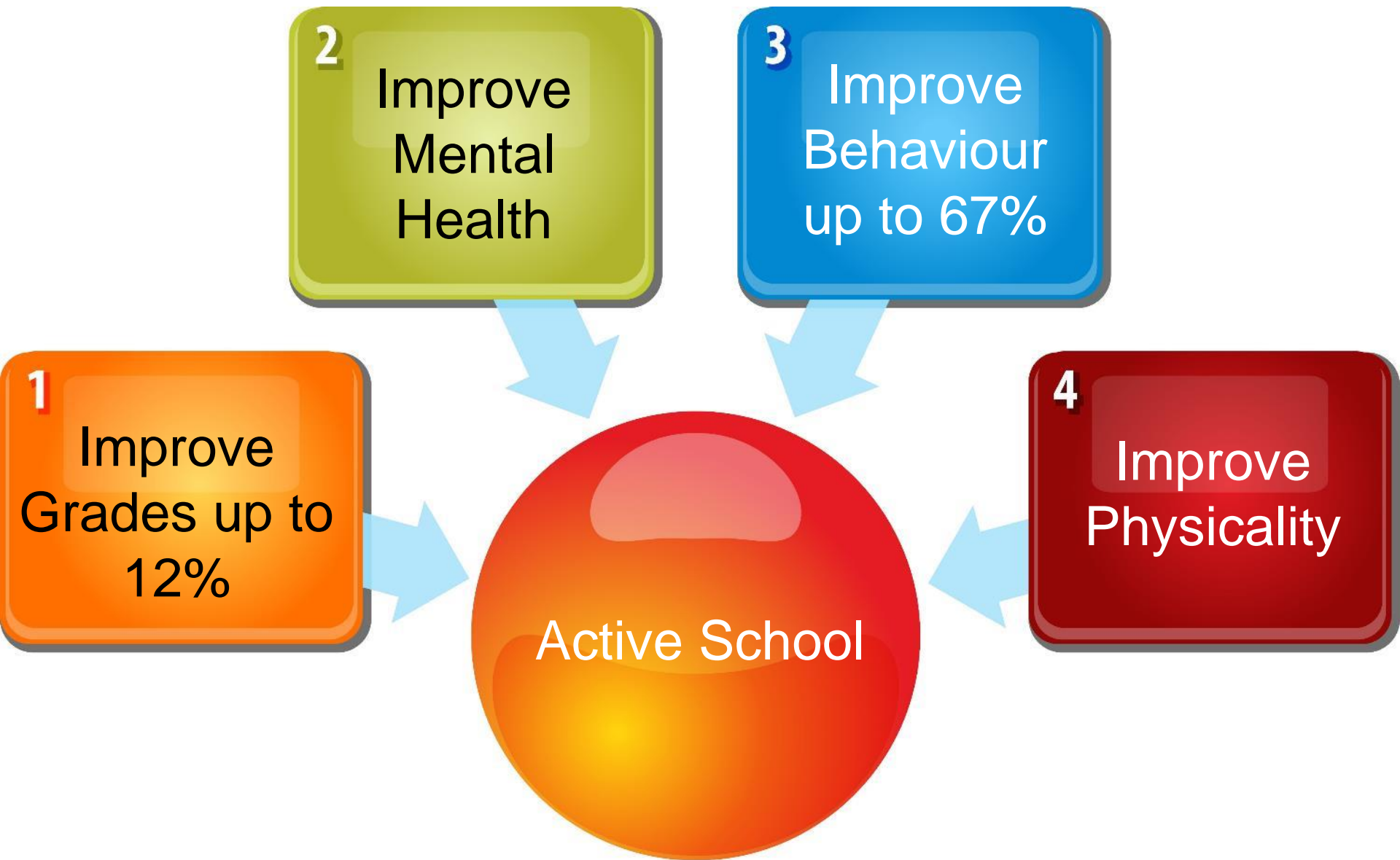
Active Schools

Sports Premium Funding

Interventions that make the whole school day more active:

- Active blasts
- Active lessons
- Active structured play
- Active travel

imoves



Noradrenaline



Attention
Perception
Motivation

BDNF

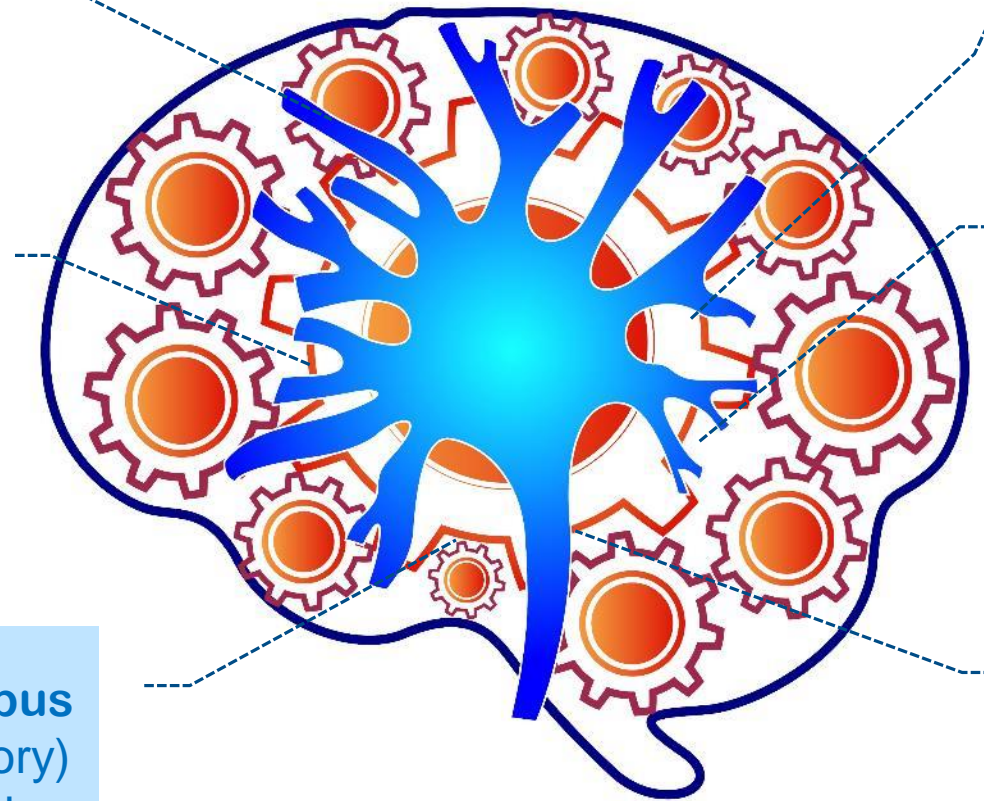


Grows cells
Improves
mood and
mental
clarity

The Hippocampus
(learning / memory)
grows with regular
exercise



When You Exercise



Serotonin
enhances
mood

Blood flow



Oxygen
Nutrients



Toxins

Dopamine



Focus
Motivation
Learning



“Exercise elevates Miracle-Gro (BDNF) throughout the brain!”

BDNF

Brain Derived Neurotropic Factor

John Ratey, MD

The Science of Exercise and the Brain



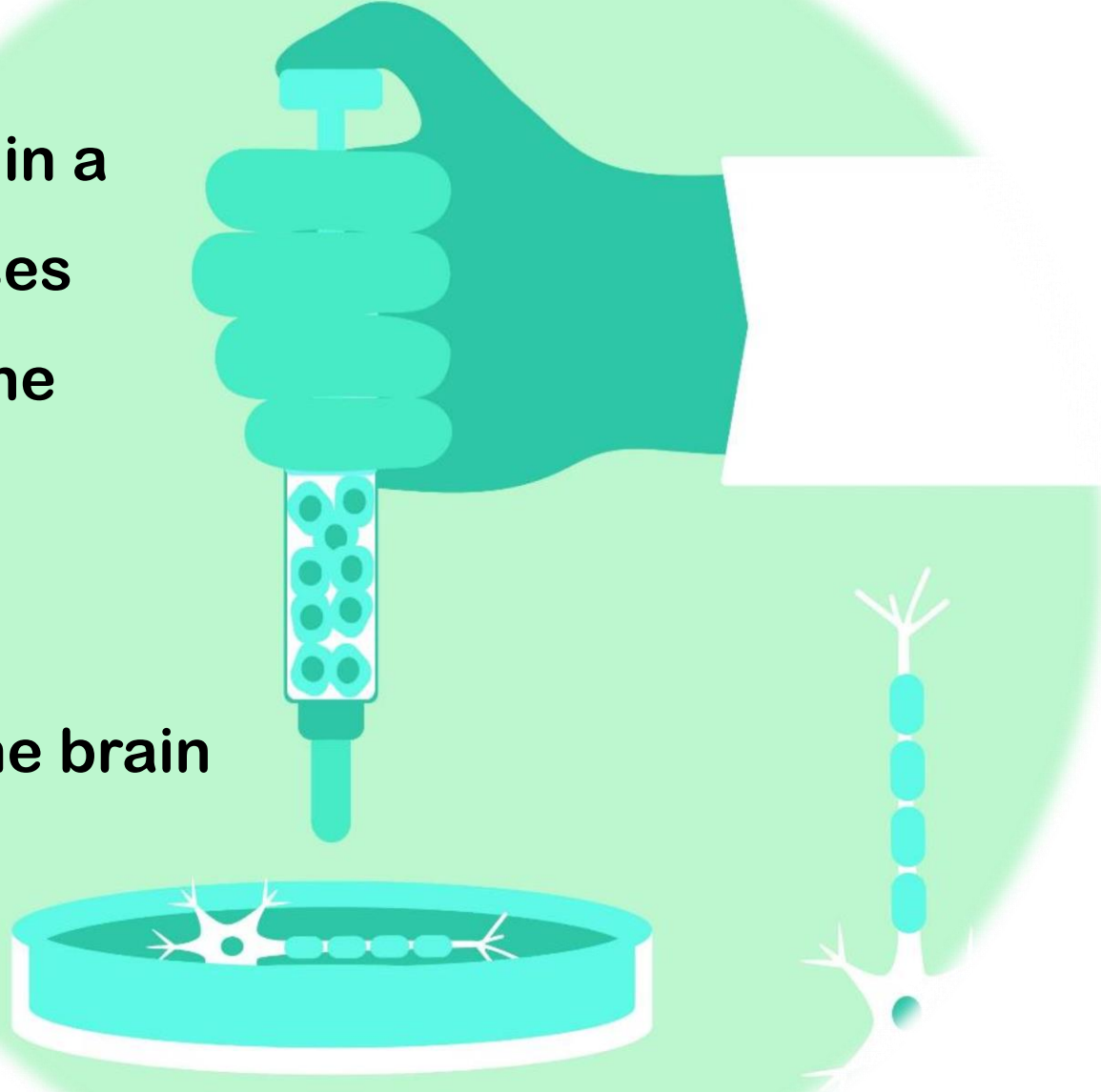
BDNF is a protein released into the brain after exercise

- Improves the function of neurons
- Encourages new neurons to grow
- Protects them from stress and damage

Spark: The Revolutionary New Science of Exercise and the Brain by Ratey, John J. (2013)

**Sprinkled on neurons in a
petri dish, BDNF causes
brain cells to sprout the
structural branches
required for learning**

... like fertilizer for the brain



**Proving a DIRECT BIOLOGICAL LINK between MOVEMENT
and COGNITIVE FUNCTION**

Physically Active
Math & Literacy
Lessons
Improve Academic
Achievement

1 Objective

To investigate the effects of physically active lessons on academic achievement of children.

2 Results: After 2 years children had significantly greater gains in mathematics and spelling equating to 4 months!

3 CONCLUSION: Physically active academic lessons significantly improved performance, therefore is a promising new way of teaching.

Academic Achievement and Physical Activity

A Meta Analysis

Objective

To assess the effect of physical activity on academic achievement and classroom behaviours in 4 – 13 year olds (10,000 from 11 countries pooled data)

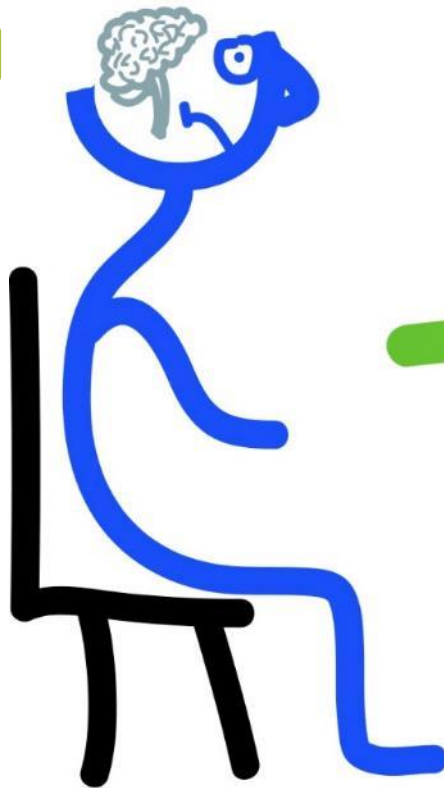


In a nutshell

Smaller brain

Brain fog

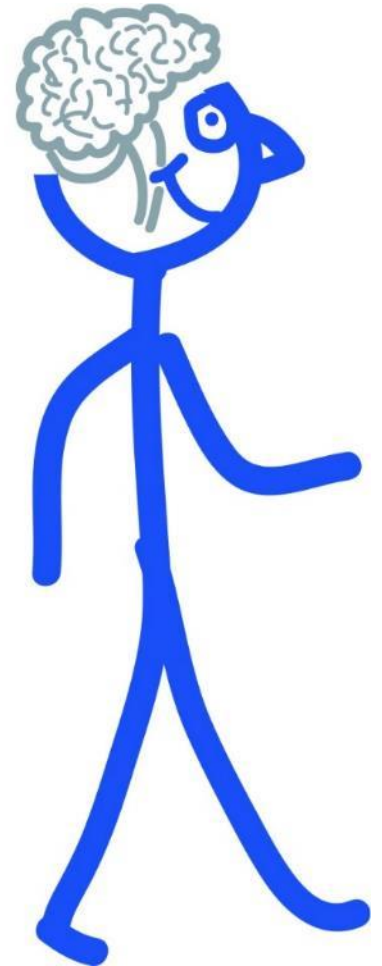
Unengaged



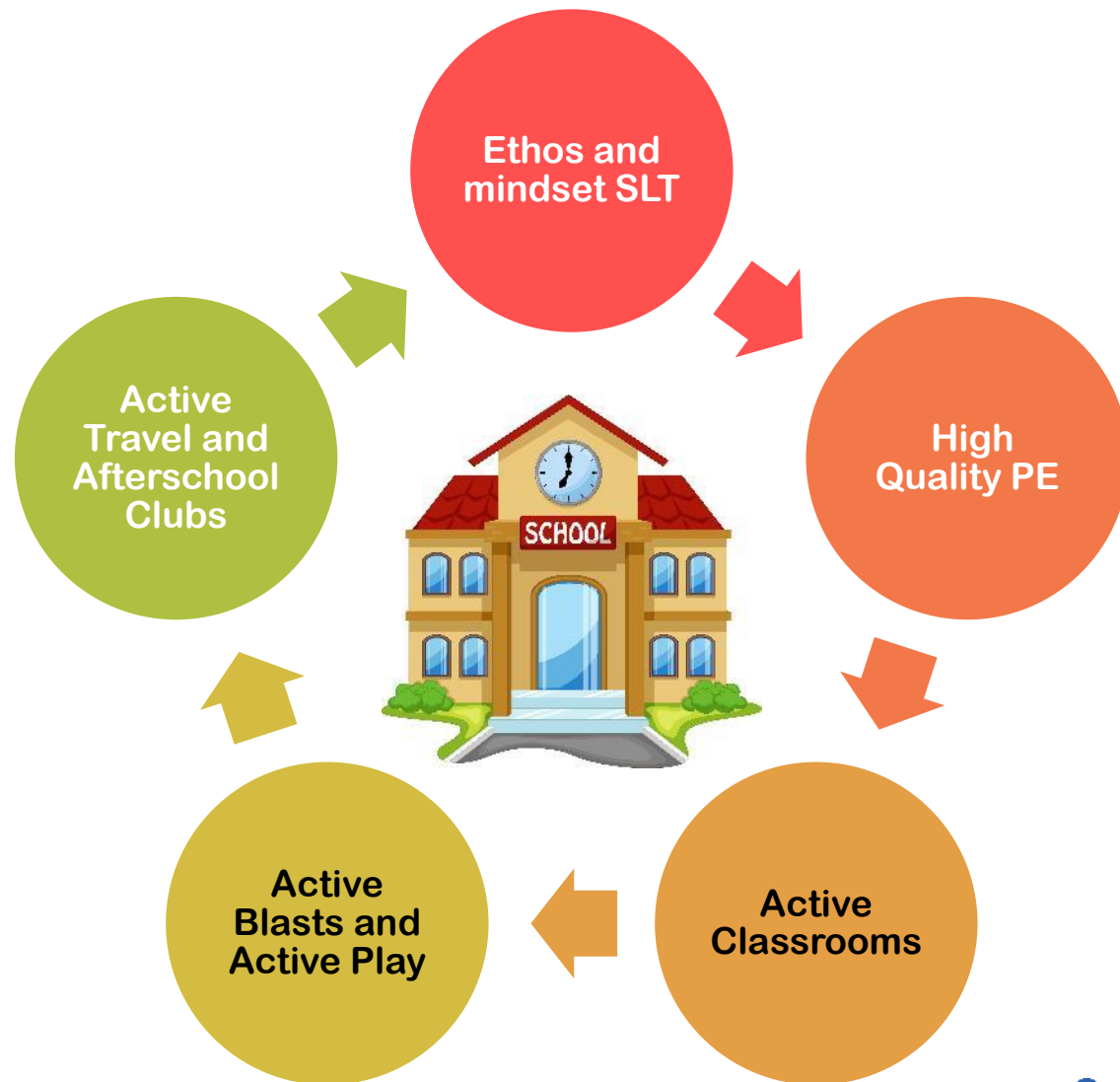
Bigger brain

Switched on

Motivated



Assess the 5 areas of an Active School



What's being asked of US!



- Focus
- Attention
- Mood
- Blood flow to brain



- Focus, attention, mood etc.
- Burns more calories
- Cardio fitness
- Strength and muscular endurance
- Stimulates BDNF

**Declutter
Create
Space**

Chairs and tables

Floor space

Standing
Desks

Chairs and Tables

Floor space



Teaching Concepts Round up

Movie (plug and play)

Chosen Between

Word and Actions

Top and Tail

Music and Drama

Team Games

Circuits



Plug and
Play
Easy to
Facilitate

The screenshot shows the 'My Dashboard' interface for the 'Spring 1: Week 2' period. On the left is a navigation menu with items: My dashboard, Find Lessons, Active Blasts, My planner, Book CPD, Activity Tracker, PE Assessment, and Mission Support. The main content area includes a red banner for '1st time using imoves?' with an 'Open' button. Below is a 'Today's Blasts' section with a 'A new 10 minute BLAST of energy every day' header. It features two activity cards: 'Daily Blast Pilates Chair - Hungry Crocodile' and 'Maths - Right Angles Hoe Down - KS2'. A 'More active blasts here' link is at the bottom. The 'Quick Blasts' section offers '2 minute blasts to reinvigorate your class or use as an end of class celebration!' and displays eight activity cards: Samba Carnival - All ages, Fit Challenge - All ages, Bones & Joints - KS2, Pumped Pilates - All ages, Healthy Eating - KS1, Body Parts - KS1, Jungle Pilates - KS1, and Yoga Part A - All ages.

Yoga

ARE YOU READY?

03

imoves

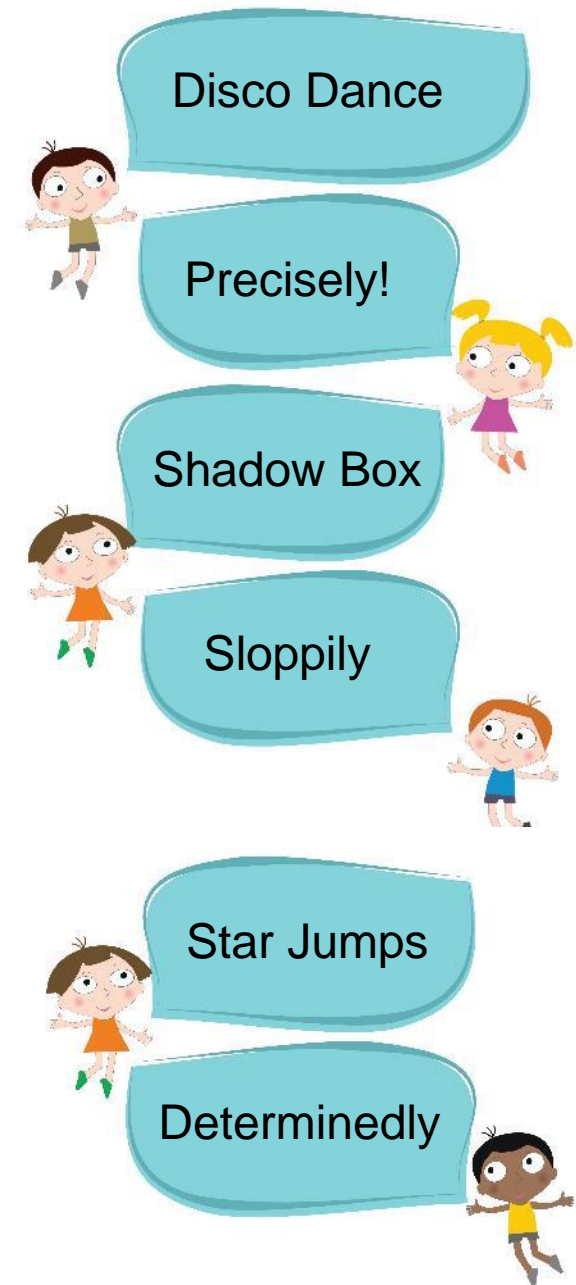
!w0Λ62

Words and Actions KS2

Agile Adverbs

Moderate

ACTIONS	ADVERBS
Run on the spot	Gracefully
Do star jumps	Awkwardly
Hop on one leg	Briskly
Climb a ladder	Leisurely
Shadow Box	Lightly
Disco Dance	Heavily
March (on the spot)	Sloppily
Clap hands above head	Precisely
Spin around	Cautiously
Touch the ground	Determinedly
Stretch up	Rigidly
Stand still	Loosely



Word and Actions KS1 Literacy and Maths

Power Point

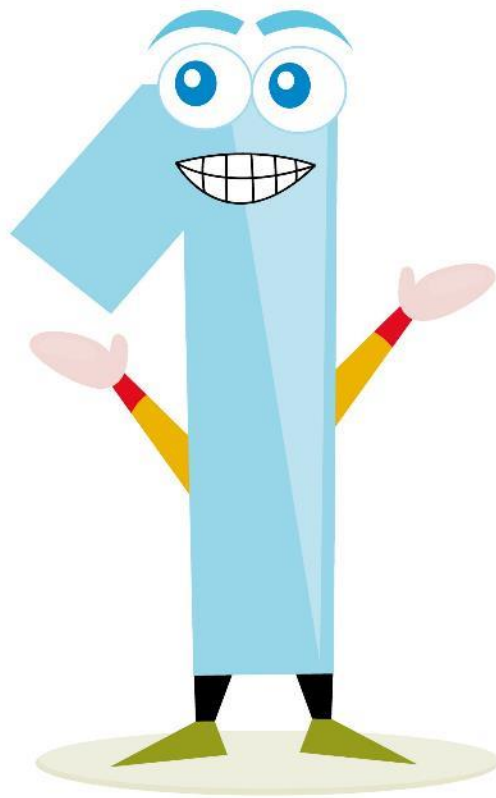
Mod

Vig

Spell the number and do the movement

I am number

— — — !



MOVEMENT:

- Stand up tall
- Arms in the air
- Balance on tip toes
- Stretch your body!

Spell the number and do the movement

I am number

— — — !



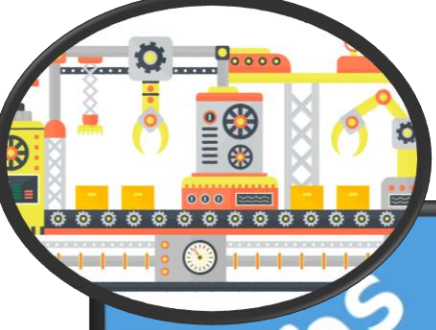
MOVEMENT:

Join up to a partner using
2 body parts ONLY!

- Elbow
- Knee
- Forehead
- Hands
- Foot

Top and Tail





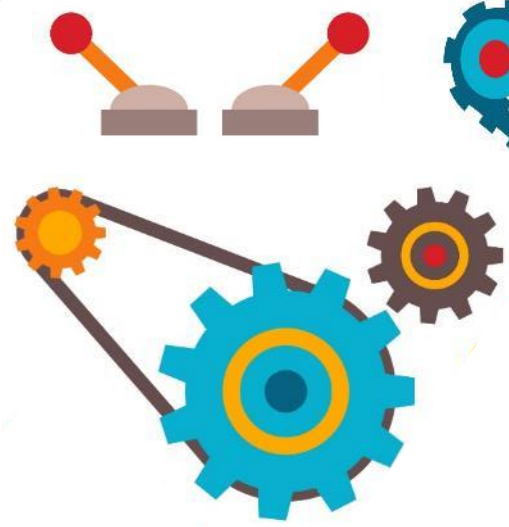
Maths

Fractions factory dance

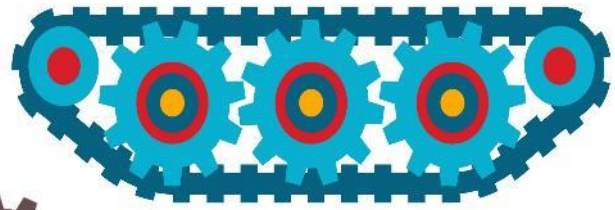
imoves

imoves

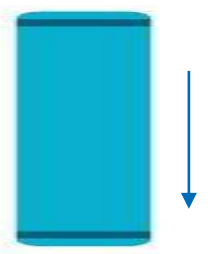
Team Game



$20 + 61$



$\div 9$



$\times 10$



$- 56$



$+ 110$



Choose Between

Light

Mod

Prefix and Suffix

- In pairs (A and B)
- A is facing the board and reads the words on the board
- B has their back to the board and jumps either FORWARD or BACKWARD to demonstrate their understanding of a root word that has a PREFIX or a SUFFIX

Prehistoric

Provider

Prefix and suffix

Prehistoric

Anticlockwise

Bicycle

Automatic

Supermarket

Unhappy

Multicultural

Cyberspace

Overwork

Elevation

Provider

Medication

Greatest

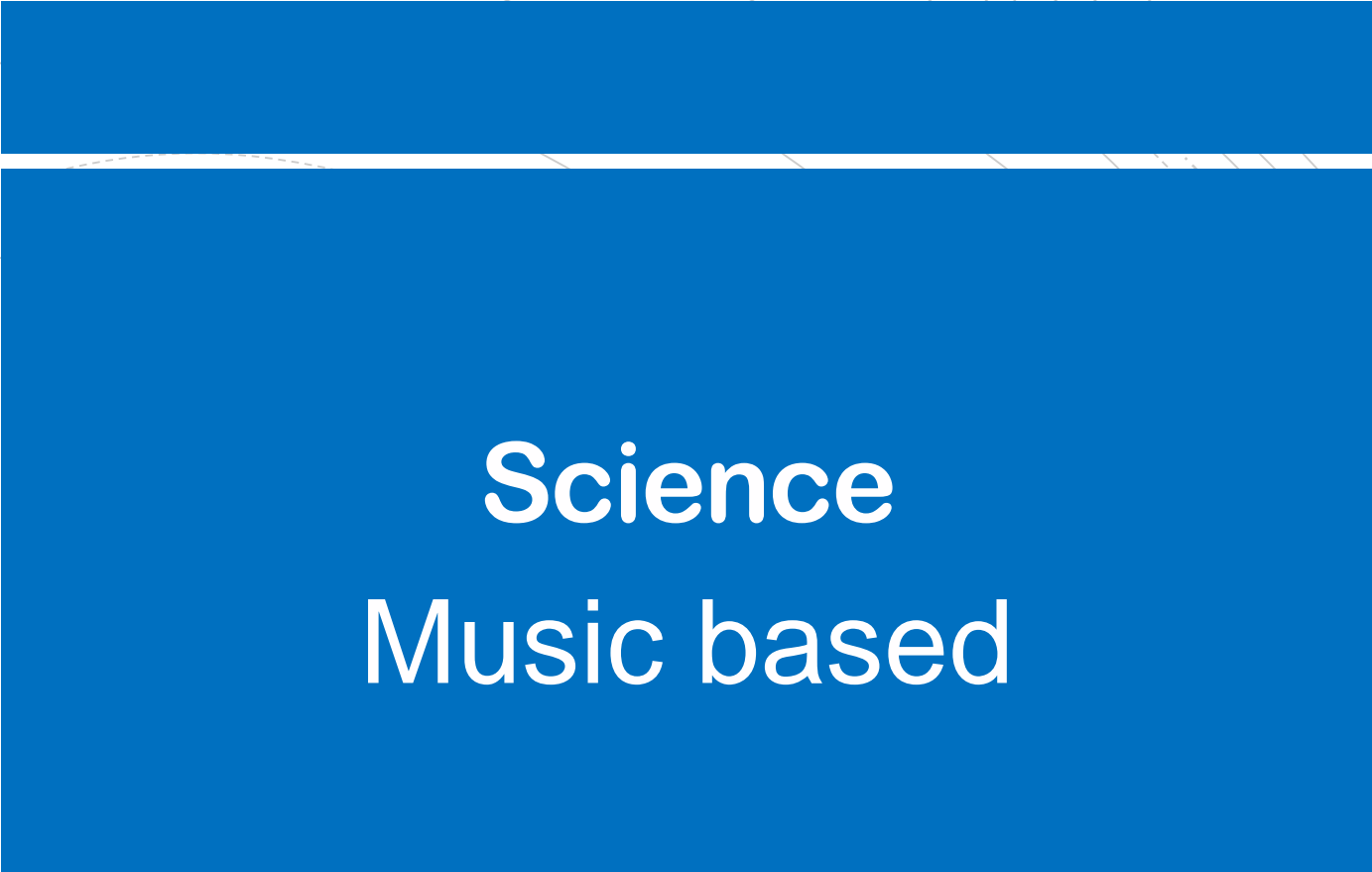
Soundly

Smaller

Harshly

Fastest

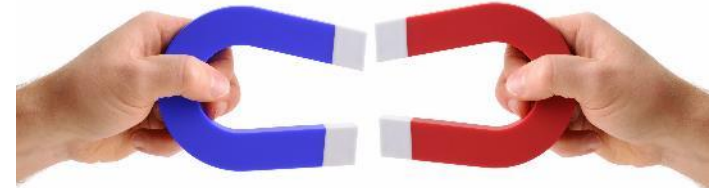
Rarely



Science
Music based



Positive and Negative



Choose to be a **Positive** OR **Negative** force

Move around to the music:

- **Positive forces** should skip, smile and wave!
- **Negatives forces** should stamp around, hunched over with a grumpy face!

Music stops - pair up with person nearest to you.

- **Positive** with **Negative** = HIGH FIVE then fizz and sizzle in unison or dosey-doe
- **Pos + Pos** or **Neg + Neg** = BELLY BUMP, jump away... repeat!

The background features several sets of concentric, curved lines in shades of gray, some solid and some dashed, creating a sense of motion or orbits. A large blue speech bubble shape is positioned on the left side of the slide.

Circuits

Literacy

- Apostrophe Circuit

Maths

- Friends around the world

Activity 1

The **womens** football league was exciting.

Activity 2



Let's see your
best high knees!
Try at least 20!

imoves

Activity 1

The **postmens** bags are full of letters.



Activity 2

A



B



Let's squat down to look through the letter box!
Do 10 if you can!



Boris & Elena

the dancers from Russia

Flying Time from London	Distance from London
8 hours 6 minutes	3,802 miles

Temperature	-8°C
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Akiko

the girl
from Japan

Flying Time from London	Distance from London
11 hours 40 minutes	9,600 km

Temperature	8°c
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Teaching Concepts Round up

imoves



Music and
Drama



Circuits



Chosen
Between



Word and
Actions



Top and Tail



Team
Games



Movie

Round up



DATA AND
RESEARCH



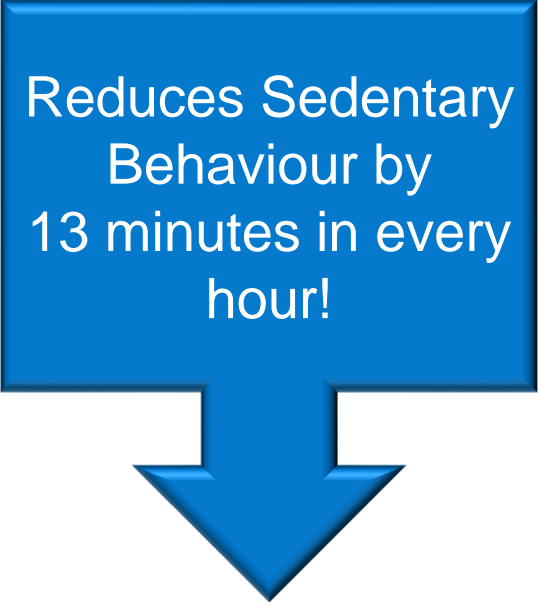
ACTIVE SCHOOL
PRACTICAL IDEAS



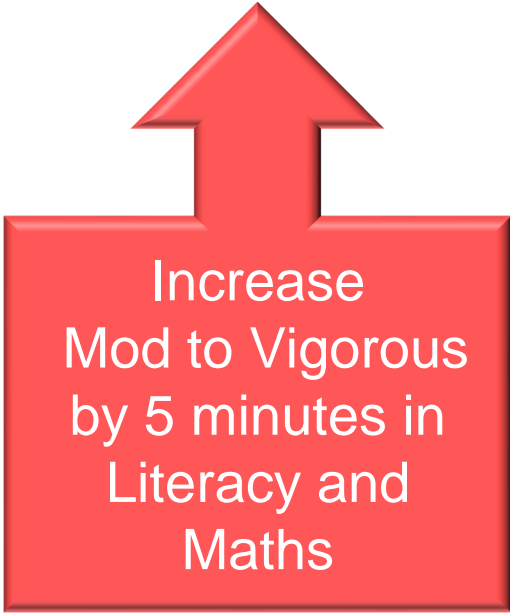
ROLL OUT AND
SUPPORT

Imoves Active Learning Evaluation


Sheffield Hallam University Sept 2018



Reduces Sedentary Behaviour by 13 minutes in every hour!



Increase Mod to Vigorous by 5 minutes in Literacy and Maths



Improved Mood & Behaviour in children who participated

imoves

30 Day Active Challenge

Access 30 day Active Challenge resources and poster

Happier, focused, better behaved children in just 30 days

Includes: Blasts, Active Learning and PE

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Points for "Active Pioneers" Certificates

Support in normalising activity



30 day challenge resources

PE interactive schemes

- Dance
- Gymnastics
- Pilates
- Fundamental Skills for Games KS1
- Football, Basketball and OAA

Maths

- Number and Placement
- Add, Subtract, Multiply and Divide
- Fractions Measurement
- Statistics & Geometry

Literacy

- Reading
- Spelling
- Poems
- Punctuation

Active Blasts

150 interactive blasts
from 2 – 12 minutes

Mindfulness

- Resilience
- Confidence
- Relationships
- Anxiety

Science and Humanities

Interactive classroom
and hall based activities

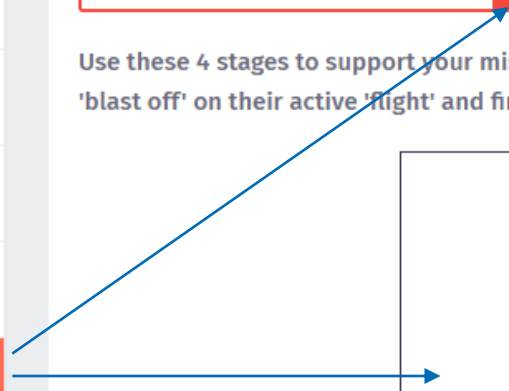
- My dashboard
- Find Lessons
- Active Blasts
- My planner
- Book CPD
- Activity Tracker
- PE Assessment
- Mission Support**

Mission Support

I am a... please select

Teacher PE Lead IT Support

Use these 4 stages to support your mission; begin by 'igniting' your colleagues enthusiasm so the school can 'blast off' on their active 'flight' and finally 'touch-down' with a happier, healthier school!



Play the Rollout movie in Mission Support: PE Lead



Select Category

<p>Ignition</p> <p>Ignite your colleagues' enthusiasm with our super useful supporting resources</p> <p>Show Listings</p>	<p>Blast off</p> <p>Blast off on your active journey using our inspiring mission guide to a successful flight</p> <p>Show Listings</p>	<p>Flight</p> <p>Keep flying high throughout the year using our simple strategies to keep children motivated and learning</p> <p>Show Listings</p>	<p>Touch down</p> <p>Get ready for touch-down - let us help you to report quickly and plan for your next active journey</p> <p>Show Listings</p>
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Changing Course Takes Time



Choose
Ambassadors



Trial over 30
days



Evaluate for SLT



24 / 7 / 30 Action plan

Action Plan

24 hours

7 Days

30 Days



Action Plan

24 Hours

Choose Ambassadors to work with.
Declutter classroom.

7 Days

Look at Mission Support video to help any PE lead at any stage start to make an impact.
Start to use Active Blasts with class.

30 Days

Organise meeting with SLT.
Feedback to imoves.

Emotionally Well



Stimulated



Academically
Motivated



Socially Well



Fit and Healthy



Achieving
Potential



Functionally Strong



imoves

Tweet us @imovesactive