

move

TO LEARN

Children who move are happy, healthy, and ready to learn!

MOVE to Learn helps children be their best in class, learn the benefits of moving and support their path to be active for life. Through programs, resources, mentorships and workshops, MOVE to Learn creates an environment for teachers - and schools - to confidently increase movement opportunities in children's every day learning environment.



WHY KIDS NEED TO MOVE

Currently, only one-third of Canadian children are reaching the minimum 60-minutes of daily physical activity and physical activity is connected to a child's ability to learn. Having the opportunity to move helps children learn a wide variety of fundamental movement skills, and develop their motivation and confidence in order to be active. MOVE to Learn helps children be their best in class, learn the benefits of moving, and support their path to be active for life.

MOVE TO LEARN SCHOOLS SEE AN INCREASE IN:

- children using movement as a tool to self-regulate
- schools working cohesively to promote movement and physical literacy
- teachers more comfortable and confident in using movement in the classroom and gym as an aide to learning

KIDS WHO ARE PHYSICALLY ACTIVE:

- focus for longer periods of time compared to less-active peers, including children with attention-deficit hyperactivity disorder and Autism spectrum disorder¹
- are more creative and better at solving problems, working with groups, and thinking on their feet²
- have more feel-good brain chemicals (serotonin and dopamine)³
- have lower levels of the stress hormone, cortisol, allowing them to deal with stress better and recover quicker⁴

MOVE TO LEARN INITIATIVES

MOVE to Learn supports movement opportunities in a range of environments.

Schools can sign up as an MOVE to Learn School with all-inclusive access to initiatives and ongoing support from a viaSport Regional Alliance partner, or sign up for individual initiatives.

With a flexible design, schools can choose the amount of initiatives and format that suits their need.



Movement in the Classroom

Movement in the Classroom supports student learning through movement boosts, cross-curricular activities and self-regulation.



- Workshop (Online or in person for 90 minutes or 3x30 minutes)
- Movement Challenges (e.g., Active Bingo, Wellness Challenge)
- Activity resource for in the classroom or at home
- Movement Kits with equipment to use in the classroom
- Mentorship to create a movement friendly classroom

Movement in the Gym.

Movement in the Gym supports educators in delivering quality physical education classes



- Workshop (2 hour, or 4x30minues)
- Mentorship with in-class peer-teaching
- Lets MOVE / Girls MOVE 1 hour sessions to motivate students to MOVE
- Activity resources for games in the gym
- Orienteering challenges to complete a mapping race or maze around their school

Movement in the Halls.

Movement in the Halls involves hallway activities for students who may need a movement boost to get the wiggles out or bring their energy up



- Exercise posters to be used as stations in the hallways, gym, or classroom
- Log books for students to record their progress
- Sensory pathways to be used in the halls

1) Dimond A. Executive functions. Annu Rev Clin Psychol. 2014; 64: 135-168.

2) Pan C-Y, Chu C-H, Tsai C-L, et al. A racket-sport intervention improves behavioural and cognitive performance in children with attention-deficit/hyperactivity disorder. Res Dev Disabil. 2016; 57: 1-10.

3) Kao S-C, Drollette ES, Scudder MR, et al. Aerobic fitness associated with cognitive control strategy in preadolescent children. J Mot Behav. 2017; 49 (2): 150-162.

4) Chaddock L, Erickson KI, Prakash RS, et al. Basal ganglia volume is associated with aerobic fitness in preadolescent children. Dev Neurosci. 2010; 32(3): 249-256.

CONTACT US:

Jennifer Brown, viaSport
jenniferb@viasport.ca, 778-952-1900