

FREE TO LOW-COST CLASSROOM MOVEMENT ROUTINES

Integrating therapy into the classroom allows the therapist to provide interventions to a student with disabilities alongside his/her peers during actual class activity. One way of doing so is by introducing a classroom movement routine which both addresses the student's goals and benefits the entire class.

Who benefits from a movement routine?

Student with disabilities – practice skills with peers; peer modeling, support & socialization; does not miss lessons

All students – opportunity to move and exercise; when lesson is tied in to the movement routine, they learn as they move

Teacher – learning becomes dynamic; students are kept alert; less missed lessons means less need to 'catch-up' student

Therapist – affect student's performance in class; better carryover of skills into the classroom; more collaboration with teacher

What are the keys to a successful movement routine?

Time – Keep it to 10-15 minutes.

Simplicity – Choose a simple, easy-to-follow routine. The goal is to have the teacher lead the routine eventually.

Attentiveness – Be attentive to the student who is mandated to receive your services – assist or facilitate as needed.

Energizers

Minimal training needed!
And it's free!

Short (10 minute) classroom-based physical activities that help teachers integrate movement into the academic curriculum.

Energizers was created by the North Carolina Department of Public Instruction for use in elementary and middle schools.

Material needed:

Manuals (free online)

Activity:

Teacher chooses an activity from the *Energizers* manual that corresponds to the lesson and performs the activity during class. For example, the teacher starts every science class with the "Space Jam" *Energizers* for the weeks that the class is learning about the planets.

Repetition:

Kids love repetition. It allows them the satisfaction of mastering the activity. Use the same *Energizers* activities multiple times so long as it relates to the lesson.

Spice it up!

Customize the activities to suit the lesson better.

Resources:

<http://www.eatsmartmovemorenc.com/Energizers/Elementary.html>

<http://www.eatsmartmovemorenc.com/Energizers/Middle.html>

Courageous Pacers

Minimal training needed!
Low cost!

Fun, easy-to-follow, cost-effective program developed to help students become more active.

Materials needed:

Flipbook or Manual of Exercises

Classroom Chart

Two 1 lb. Water Bottle Weights

- made by students by filling 20 oz. water bottles with sand

Activity:

The whole class performs exercise routine consists of five (5) arm exercises and walking. Each student then marks the number of feet they walked and the total number of repetitions they performed the arm exercises.

Goal:

Walk 100 miles and lift 10,000 lbs.

Spice it up!

Use colored sand; be creative in designing weights. Add music. Celebrate achievement of goal at the end of the school year.

Resource:

www.therapro.com for complete line of *Courageous Pacers* products.

The *Courageous Pacers* Manual and Classroom chart can be purchased together for \$29.95.

"Do-It-Yourself" Programs

Collaborate with the teacher to create a customized 10-15 minute routine:

- Start: Exercise that improves focus such as deep breathing or "listening ears"
- Main exercises: Choose 5-8 full-body exercises or a mix of upper and lower body exercises.
You may choose from exercises in: **Fitdeck Jr.** **Yoga Pretzels**
You may incorporate exercises from: **S'cool Moves** **Alert Program**
- Optional: Leave space to allow teacher to add 1-2 "lesson-specific" exercises.
ex. if the teacher will discuss birds during that period, perform "arm flapping"
- End: Exercise that focuses and eases students into the class activity.
ex. for a writing class, perform "pressing hands down against desk"

Spice it up! Vary the speed of each exercise between slow and fast. Allow students to lead and/or create exercises.