

Move-to-Improve Classroom Implementation FAQs

2018 – 2019

Where will I fit Move-to-Improve into the busy school day?

Move-to-Improve activities are meant to be integrated during regular academic instruction at almost any time during the school day. They are a great way to keep students active, both mentally and physically. Here are some suggestions on when to use Move-to-Improve activities with your students:

1. Make Move-to-Improve a fixed part of your daily schedule and routine.
2. Utilize Move-to-Improve as a quick and fun pre/post instructional assessment.
3. Engage students with a Move-to-Improve activity before or after lunch.
4. Promptly get students back on track with Move-to-Improve any time they appear to be restless, tired, or losing focus.

How can I regain my students' attention after an energizing Move-to-Improve activity?

Keeping students moving throughout the day helps keep their minds active and engaged in learning. After a high-energy Move-to-Improve activity, try one of these techniques for bringing students back to focus:

1. Focused breathing. (See *Move-to-Improve Focused Breathing Techniques* document.)
2. Stretch slowly and easily at the desk.
3. Employ visual, aural, or physical cues for easy transition into the next activity.
4. Clap or sing with a familiar “call-and-response” activity.

How can I lead Move-to-Improve activities in a classroom with limited space?

All Move-to-Improve activities can be adjusted to meet the needs of your students and classroom environment. Some ways you can manage movement in a small classroom include:

1. Ask students to move while seated or standing next to their desks.
2. Choose smaller movements (i.e. squats instead of lunges).
3. Modify existing movements (i.e. Star Pose with bent elbows instead of arms straight out).
4. Divide students into small groups. One group will do a Move-to-Improve activity while the other completes a seated assignment.
5. Do Move-to-Improve at the rug, circle time area, or other common meeting area in the classroom.
6. Designate specific spots for each student.

How can I encourage the reluctant student to participate in Move-to-Improve activities?

Group activities are a great way to get the whole class involved in learning and movement. Students are keener to participate when they see their teacher participating and modeling the movements with them. Give positive reinforcement, have fun, and depending on the student, encourage him or her to participate when you:

1. Stand nearby the student while engaging in the activity.
2. Let the student work with a buddy.
3. Ask the student to choose, model, and/or lead the Move-to-Improve activity.