

Active school

Integrating activity cards into lesson plans

Physical activity can easily be integrated into existing academic lessons. Movements can be integrated into math problems, letter and word recognition, reading, as well as learning stations.

Why?

Most primary school children spend on average 70% of their classroom time sitting. This is detrimental to their health. The traditional classroom order has always required pupils to sit. Whether this involves talking, discussing, working in groups, or listening to the teacher, this is mostly done from the comfort of a chair.

The 20 cards displayed [here](#) offer the teachers of your school 20 ways to integrate physical activities INTO the learning process. The students will not feel that they are active, as it will feel natural to bringing answers to the front of the classroom, or to pick up materials for tasks to be solved, etc.

