



**MATHS**  
*on the*  
**MOVE**

**FREE RESOURCE**

10 simple ways to  
**add movement**  
**into primary**  
**school lessons**

# How can you get children engaged in learning, improve their concentration, increase their confidence, make concepts easier to understand and raise attainment?

## Get them up and on the move.

The last two years have seen teachers work tirelessly to ensure pupils remain engaged in their learning. Impressive methods have been used to keep children interested and inspired, supporting their development and progression.

But two years of disrupted learning was always going to have an impact.

Between autumn 2019 and autumn 2021, primary school [children's attainment dropped](#).

When looking at the number of children achieving at or above the standard expected for their age, Years 2 – 6 have fallen by approximately one fifth, with the percentage of Year 1 falling by around a quarter.

If there was ever a time to implement innovative and sustainable strategies that are proven to increase understanding, retention and progress, it's now.

Adding movement throughout the curriculum is one of those strategies.

Not only does this facilitate learning, it also boosts physical activity and reduces sedentary time, another aspect of children's lives severely hit by the pandemic.

Children are [sedentary 25 minutes more per weekday](#) than they were pre-pandemic, with just 36% of children doing the recommended 1 hour of physical activity a day.

And so, the benefit of using physically active learning is twofold: academic outcomes improve, and physical activity levels increase.

**But where do you start if you want to introduce movement into your lessons?**

Here's 10 simple ways.





## Turn a worksheet activity into a movement activity

Have a review of your worksheets and see if you can make them movement based.

It could be that one of your maths worksheets asks children to match a decimal with a percentage. This could be transformed into physically active learning by having the percentages and decimals scattered around the classroom. You can then ask children to move from a decimal to its corresponding percentage.

If you are doing a lesson on 3D shapes, instead of doing a task that's textbook based, encourage exploratory learning. You could ask children to go on a walk around the school grounds to find examples of 3D shapes they're learning about in class.

As the examples show, physically active learning doesn't need to be high-intensity or charging around. What's important is getting children up out of their seats to get the blood pumping.

### Maths on the Move Number Trails

Try out this method of embedding movement into your lessons using these Maths on the Move Number Trails.

They're free to download, in line with the national curriculum and tailored to Years 1 – 6.



Number Trails  
Years 1 & 2



Number Trails  
Years 3 & 4



Number Trails  
Years 5 & 6



## Add movement to everyday classroom actions

Bringing physical activity into your classroom doesn't have to mean a complete overhaul of your lesson plans. Think about the routine actions that tend to be a part of most lessons and consider how movement can be combined.

- Rather than raising their hands, pupils stand up when they know an answer.
- Throw a ball for pupils to catch when you choose them to answer.
- Pupils balance on one leg when answering a question.
- When taking the register, pupils jump when their name is called.
- Get pupils to do a stretch before sharpening their pencil.
- Rather than you handing out books and worksheets, ask children to collect them from the front.



## Check understanding with a physically active quiz

Create a multiple-choice quiz to assess learning and assign movements to each answer.

Children reveal their answers not by writing them on a whiteboard or in their books, but by being up and about. For example, pupils do a star jump if they think the answer is A, hold a balance if they think it's B, or do high knees if they think it's C.

To give you an idea of what we mean, take a look at our Maths on the Move Quiz. You can take inspiration from the quizzes or embed them into your lesson plans. There are over 40 physically active maths quizzes ready to go, each one tailored to Years 1 – 6.



Maths on the Move Quiz

## Set up learning stations around your classroom



You could arrange your classroom into activity stations, designating different areas for different tasks.

Split the class into groups and assign them each a starting station. Set a time to complete each task and when the time is up, children move to the next learning station.

You could get pupils to do different movements as they go from one station to the next, helping develop their locomotor skills. For example, they could hop, jump, crawl, skip or march.

## Start the day with morning movement

A burst of morning movement can set children up for a productive day. You could do a 10-minute exercise routine, a selection of stretches, a lap around the playgroup, or a short yoga session.



## Introduce an exercise dice into your day

Introducing an exercise dice into the classroom is a quick and simple way to add movement to lessons.

Using a game to bring physical activity into the classroom keeps children engaged and enthused about learning and being active. It could be as simple as rolling the dice every half hour and getting the whole class to do the exercise upon which it lands.



## Try Maths on the Move

It may be that you don't yet feel confident about incorporating movement into your lessons. Or perhaps would like to use a more established approach that comes in the form of a tried and tested programme.

Maths on the Move (MOTM) is a physically active learning programme that's designed by teachers and aligned to the national curriculum.

Expert educators teach maths concepts through movement-based games and challenges. The activities are suitable for all abilities and tailored to meet your school's requirements.

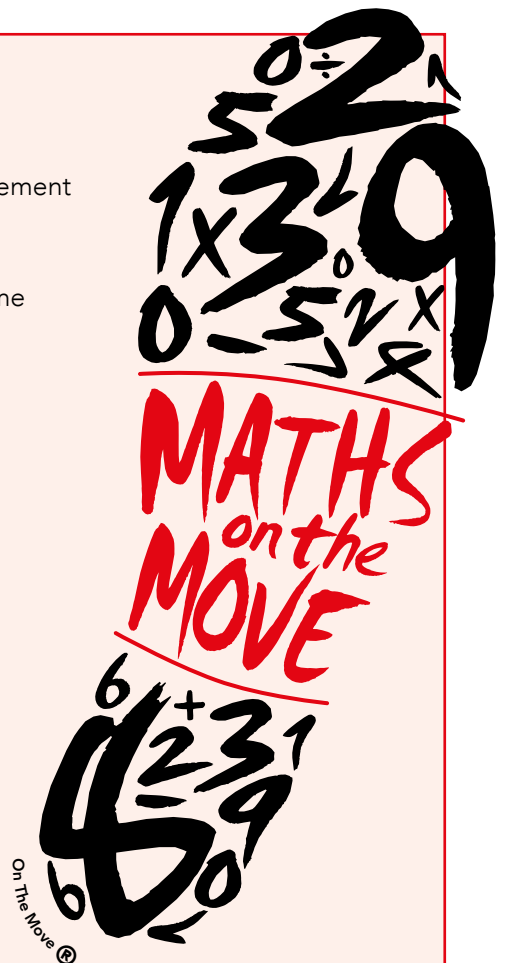
### And it's proven to work:

- **94% of children** taking part in MOTM demonstrated an improvement in maths performance
- **79.6% of children** reported improved confidence in maths as a result of taking part in MOTM
- **28% more children** achieved the recommended amount of physical activity in a school day when it included MOTM

### Free 6-week trial

To find out if MOTM works for your school, you can see it in action with a free 6-week trial.

For more details or to arrange your school's free trial



## Create a lucky dip

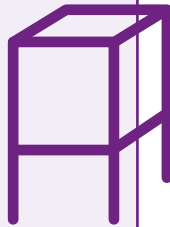
Get your whole class involved in creating an exercise lucky dip. Ask children to write down their favourite exercise, movement, stretch or pose on a piece of paper and put them folded into a bag. Every day a different child picks out a piece of paper from the bag and the whole class has to perform the movement.



## Get a standing desk in your classroom

Research found that children with access to a standing desk reduced their sitting time by around 20% over eight months, revealing that, if given the option, children choose to stand in class.

You could have a rota for each day, allocating a time for each pupil to use the standing desk.



## Do a classroom circuit at the end of each lesson

Move from one lesson to the next by physically moving. You and your class likely stay in the same classroom for the duration of the day, but that doesn't mean you have to stay stationary. Get up and about between each lesson by creating an exercise circuit around the classroom. Have multiple exercise stations and set a time for pupils to spend at each.



Whether it's help with confidence, knowledge, skill or a tricky SLT, we're always available for a chat about embedding physically active learning into lessons.



***onthemove.co.uk***



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