



Rahn Dittrich Group 
education is what we do...

Welcome...

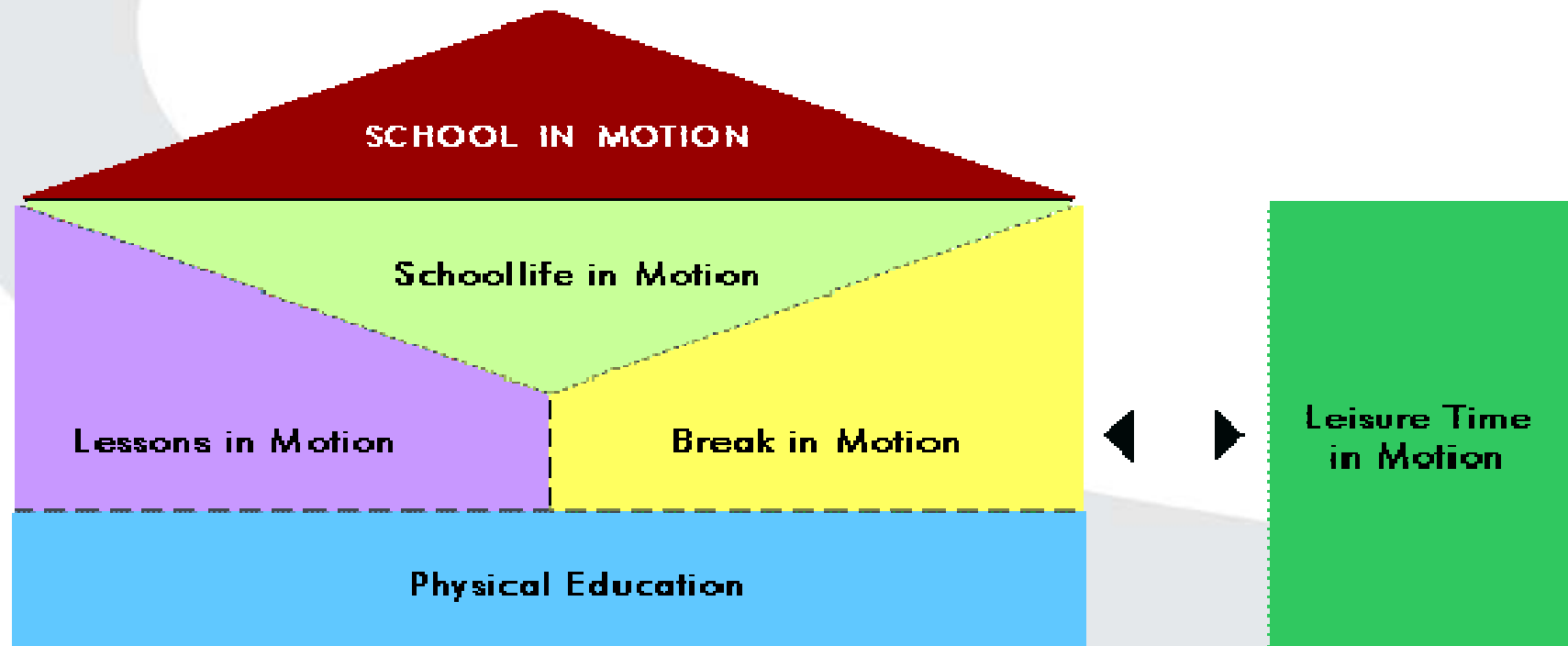
SCHOOL IN MOTION IN SAXONY

- A project of the University of Leipzig
Faculty of Sports
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SCHOOL IN MOTION IN SAXONY – Overview 1

The theoretical basis of our house of the school in motion consists of a comprehension of the term that defines motion from an anthropological point of view. According to that motion is an **organ for experiences** and **way of arrangement**. That means the human being **experiences, learns, recognizes** and **simultaneously forms and arranges** the world by motion.

SCHOOL IN MOTION



SCHOOL IN MOTION IN SAXONY – Overview 2

The following meanings can be named in particular: motion...

- makes distinguished perceptions possible
- supports cognitive learning
- supports social learning
- stimulates the emotional ability for experiences
- is the condition for motorical and healthy physical development
- supports forming a positive self-esteem

SCHOOL IN MOTION – Questions

LEARNING IN MOTION

- Why do pupils almost always have to sit when learning?
- Why is the teacher, in contrast, allowed to walk up and down in the classroom, but the pupils are not?
- Isn't it possible that moving even supports learning?
- Or is a time of exercise rather lost time for reaching the aims of learning at school? Because exercise eventually disturbs the process of teaching, doesn't it?

SCHOOL IN MOTION

possibilities for *learning in motion* in all the subjects at school.

In order to encourage teacher to make their own experiences, the project wants to draw the attention to the results of the research. showing that, after four years of *learning in motion*,

Showed:

- avoided constancy of posture,
- show a positive social behaviour and
- increasing pleasure in learning

SCHOOL IN MOTION – Subjects / Examples

Biology

History

Chemistry

Art

German

Maths

Ethics

Music

Foreign Languages

Physics

Social Studies / Politics

Religion

Geography

Subjects – Exercises



Foreign languages

Instructions

One pupil gives instructions to move to two or three schoolmates:

Jump! (... two jumps....)

Sit down! Lift your right foot!

Go five steps forward (backward, to the left/right)!

Turn around three times!

Walk and remember

Word or parts of texts are handed out by the teacher. The pupils go through the room, read the words or the parts of the texts and write those words down in the correct order on their seats

Subjects – Exercises 2



Geography

North or south?

The judge names European countries. According to their location the pupils go one step forward (north), backward (south), to the right (east) and so on. Before calling the next country pupils go back to the starting position.

Where is...?

At a rough estimate Germany and its capital Berlin will be sketched on the school yard. The judge of every group names one federal state and calls one schoolmate which then stops on the position where this federal state is located.

Variants:

- use capitals of the federal states
- position of countries in Europe

School in Motion – Related Topics

Learning in Motion

Dynamical Sitting

Minutes of Loosening

Phases of Relaxation

Projects in Motion

Individual Time in Motion

Break in Motion

- **Schoolyard Games**
- **Classroom Games**
- **Open Gymnasium**
- **Schoolgrounds as room for motion**

Related to:

- **Leisure Time in Motion**
- **Physical Education**

Website of the project

<http://sportfak.uni-leipzig.de/~fg-schulsport/neu/>



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