

Physically Active Learning in Mathematics & English



16 March 2023 – 9.30am-4pm

Course Overview

We know that increased physical activity and a reduction in sedentary time have wide-ranging health benefits. But, what if:

- there was evidence demonstrating that movement in the learning process improves educational outcomes in Maths and English?
- we could map out ways to support teachers in adapting their practice to make this a reality

What it isn't:

Running around the classroom

What it is:

A learning sequence that directly or indirectly incorporates an appropriate type of physical activity to enhance the learner's development. It's as much about learning as it is about movement!

Research has found that Move & Learn approaches can:

- improve classroom behaviour and engagement in core and foundation subjects
- significantly reduce sedentary periods of time
- offer aggregated improvement in academic performance

Aims of Course

Participants will:

- know new ways to engage all children - even the most reluctant learners
- understand how to integrate Move & Learn approaches into teaching and learning across their school
- explore approaches, resources and strategies for organically integrating physical activity within the classroom environment and beyond

Bryn Llewellyn will share the latest global research and provide teachers with the means and motivation to identify opportunities to integrate movement purposefully into the teaching and learning process.



Important Information

Venue: Papworth Village Hall, Ermine Street, Papworth Everard, CB23 3RD

How much does it cost?

£155 each, £115 additional teachers from same school

Who should attend?

This course is any teacher in Primary schools seeking innovative approaches to finding learning beyond the classroom walls

Deliverer

Bryn Llewellyn - Bryn worked in various UK schools for over 20 years as a teacher and school leader. In 2013, he founded Tagtiv8.

Bryn is an advisor to the BBC and the Premier League on their education content.

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