

# Daily MOVEMENT



## The ABC of Active Movement

The active movement programme at Montem Academy is now underway. This new concept for well-being has been introduced to educate young children about the positive aspects of reducing sitting time and ensuring they always add some activity into their daily lives.

As you will see from Dr Loosemore's column, trying to embed behaviour change in child or parent is a difficult and lengthy challenge! Yet success will mean the opportunity to set good habits that will benefit all for a lifetime.

Even after a few days, we can see Montem Academy is an outstanding school with superb staff and extraordinary children – the perfect location for the active movement programme.



**Softly,  
softly**

## Amazing children

Any programme designed to encourage children to regularly move during the day must do so without disrupting the class or interrupting the lesson. The teachers, as you will see below, must have complete discretion to introduce active movement as they see fit.

At the same time, we want to constantly remind children about the value of standing up and moving so that they will want to do so when asked.

Communication appears all around the school to help from nursery to Year 6. In Nursery and Reception, two animal characters Max and Tiggy act as their guide. For the older children, there is an array of posters and messages featuring new characters to educate and inspire

Most importantly all teachers have been trained to reduce sitting and add low-level activity to daily routine in class. We will also be recruiting a group of children from Year 5 (our Standing Committee) to help with the introduction of active movement into the school.



## Brilliant teachers

Already the innovation and enthusiasm shown by the teachers have been great and much appreciated by the active movement team.

The simplicity of the active movement programme ensures this. It requires neither form-filling nor report-writing; no work outside school; no personal evaluation or time-consuming reviews.

Instead, the concept is to be used as a toolbox to enable all teachers to educate and inspire children about the power of non-sedentary behaviour by adding movement into class routine, subject matter, class projects even at home.



## Committed parents

During the next term we will invite parents to meet Dr Mike Loosemore and hear about the medical science and principles behind the idea.

One of active movement's qualities is that we involve all of the 'community' that supports the child. Not only does active movement remain in constant contact with the teachers and head teacher, but parents are invited to be involved including our parent forum. Let us know if you would be interested in joining.

This newsletter is part of that communication, but you can also contact active movement at any time. The children will occasionally bring home material or special active movement homework in which you can participate.

We will also be hoping to speak to you towards the end of the programme to find out your thoughts of the active movement experience.



It is much better to make the right, long-term behaviour choices from the beginning. That's why parents look to straightaway set proper examples such as courtesy, good manners, kindness and friendliness.

Yet parents rarely remind young children how important and beneficial it is to be active. Usually they want them to sit down for a while! In the early years, being active is an instinct. Yet over time, this changes as they grow older. When they move to primary and secondary schools, this active behaviour is restricted. At active movement, we believe that by reducing the time we sit down and adding a little activity to our routines as part of everyday life, we can set activity as a behaviour norm for a lifetime of wellbeing. But this can take a while to achieve. That is why we start the active movement programme as early as nursery. We educate young children about the importance of being active. We then support schools through reception, primary and secondary stages, inspiring children to be a little bit active even if they do not like sport. You see, active movement is not about being fit today – but creating an active behaviour for tomorrow.

*Dr Mike Loosemore*



**ACTIVE MOVEMENT**

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## Special launch

To promote the event and help children understand the project, each year is going to undertake an active movement project. Look out for displays on the Active Gallery boards in each year.