

## Moving during breaks

To give especially our younger students (grades 5-7) a chance to take exercise we open our large gym during the two longer morning breaks. There is always one of the sports teachers in charge and he or she supervises the students' activities. The students can use some of the sports equipment like ropes to climb on and balls to play with and also they can play badminton.... The variety of activities depends on the number of participants.

All students are supposed to take part in an activity otherwise they have to leave the gym. It is not intended for bystanders or students trying to escape from the schoolyard or other places indoor. The response by students is very good, especially during winter month as you can see from the video.

The activity is very popular with students and it doesn't need a lot of preparation and organisation. Some tips for implementation:

- Breaks should be 15 min at least
- Students have to bring extra trainers
- Supervision by teachers has to be organised (a plan who is in charge when)
- Some basic rules for behaviour
- Supply equipment

