

# Movement & Exercise Activities



The exercise or movement activities that kick off each week of The School of Play curriculum are designed to energise both the body and mind. These physical activities are not only meant to promote fitness but also to enhance students' focus, mood, and readiness to learn. By engaging in movement, students release built-up energy, improve circulation, and activate areas of the brain related to concentration and memory, setting a positive tone for the rest of the week's lessons.

Starting with movement is essential for creating an active and engaged classroom environment. Physical activities stimulate students, helping them transition from the distractions of the day into a mindset that is focused on well-being and learning. Additionally, these exercises promote teamwork and communication when done in pairs or groups, fostering social connection while improving physical health. The movement activities are a crucial element in supporting the holistic development of students, ensuring they are mentally and physically prepared to engage with the curriculum.

