



What is Physically Active Learning?

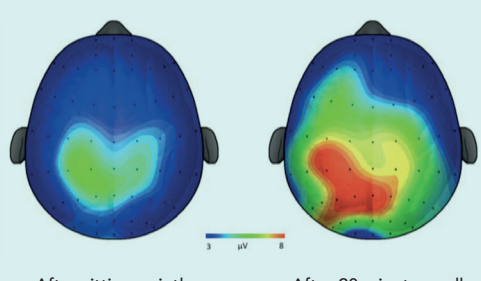
An innovative teaching and learning approach which integrates movement into the learning experience.



The Benefits of Physically Active Learning (PAL)

Children respond positively to an active learning environment. **It can boost confidence and improve academic performance.**

Cognitive performance



Research by cognitive neurologists show that there is increased brain activity when tackling cognitive tasks following a period of being physically active.

Image courtesy of Charles Hillman, University of Illinois at Urbana-Champaign

Environment for learning



Children's confidence is enhanced through learning in an alternative environment which transfers back to the classroom.

Supports the recommended 30 minutes of in-school moderate-to-vigorous activity every day

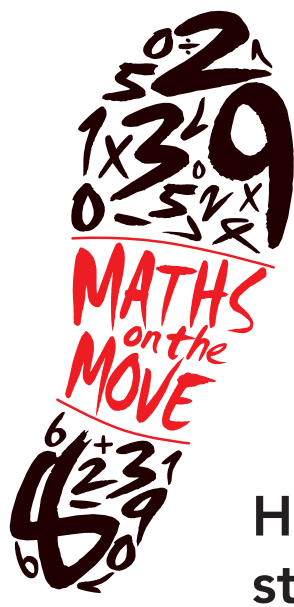


What is Maths on the Move?

Using physically active learning, MOTM **enhances children's confidence and attainment** levels in maths.

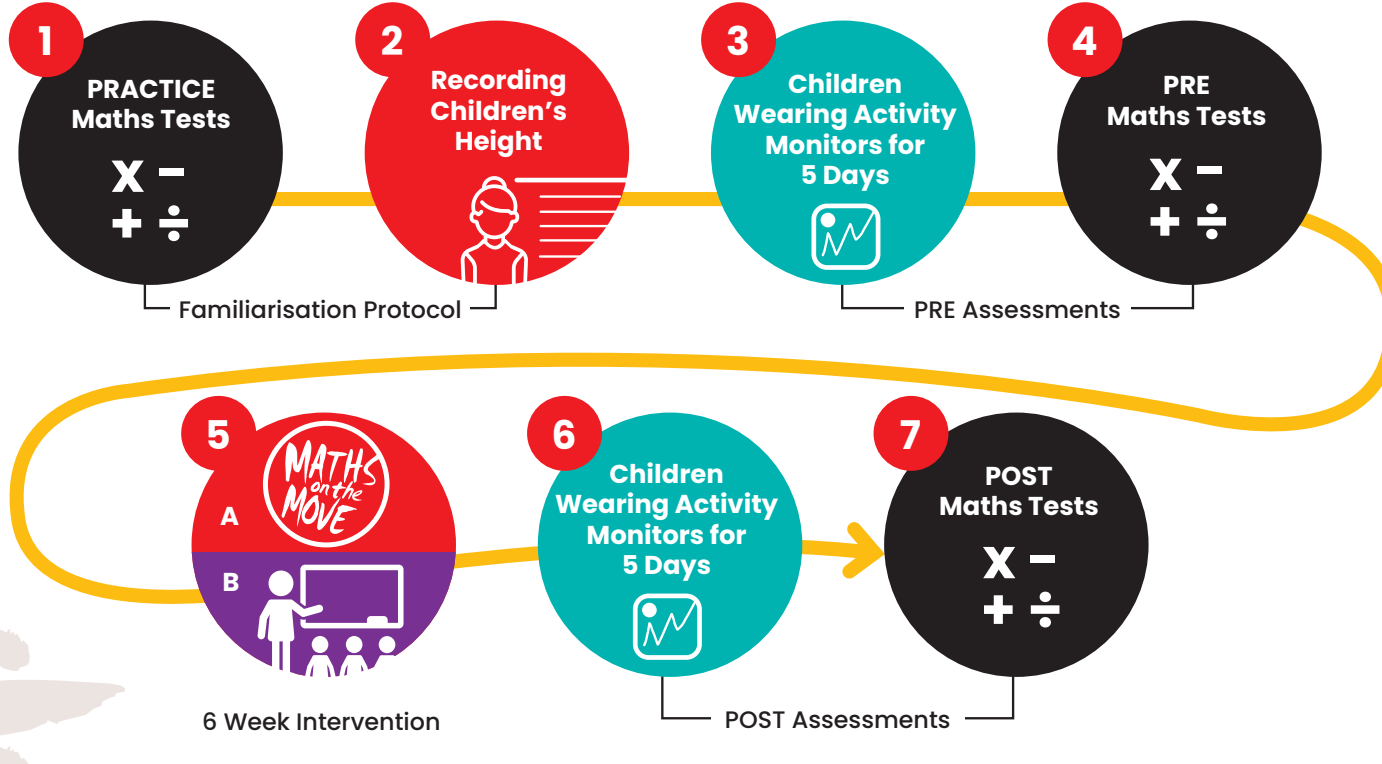
How do we know it works?

A six-week study conducted by academics at Leeds Beckett University has concluded that the MOTM programme both improves maths attainment and increases physical activity levels.



How did the study work?

140 consenting children

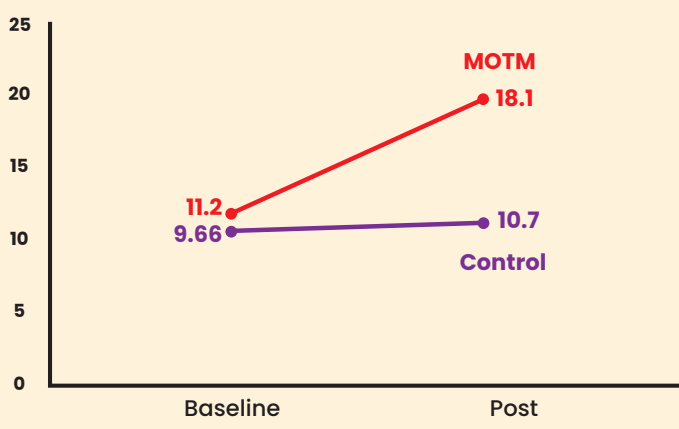


The Results

Maths Attainment Improved

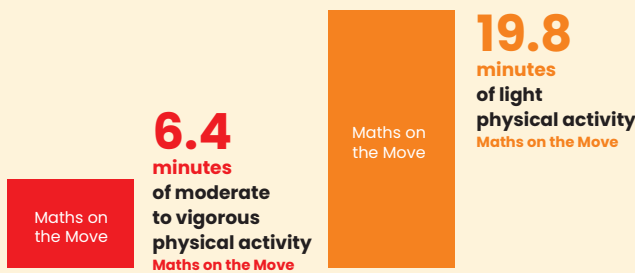
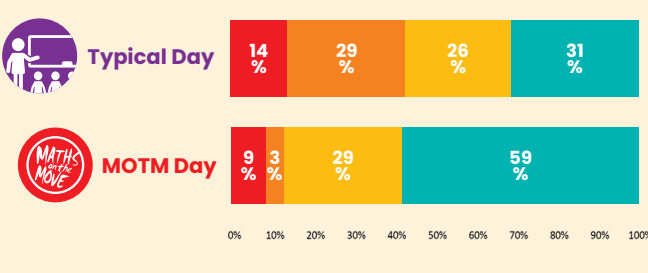
Number of correct responses

Maths attainment performance improved over time for children in the MOTM condition. This was not found in children in the Control condition. No improvement was found in the maths addition and subtraction, speed and accuracy test in either condition.



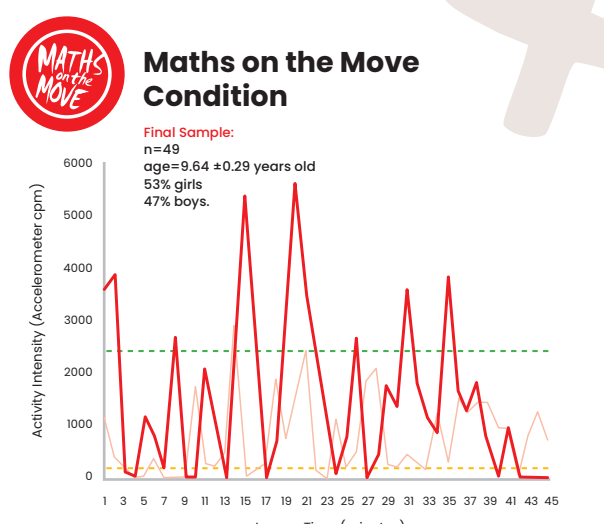
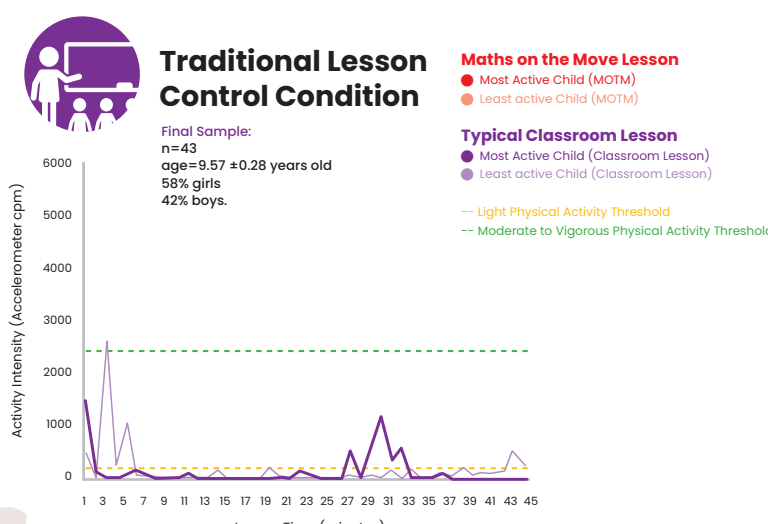
Activity Levels Increased

Including a MOTM session in the school day allows **28% more children** to achieve the government's guidance of 30 minutes of MVPA.



Comparing the activity levels during a MOTM lesson, above a traditional academic lesson, there was an additional 5 minutes of moderate-to-vigorous physical activity and an additional 5.7 minutes of light physical activity.

The Impact of Physical Activity



The two graphs showcase variable response to physical activity during a Maths on the Move lesson (left) and a classroom lesson (right). Moderate-to-vigorous physical activity levels ranged from 2 minutes to 13 minutes.

Interviews with teachers

A way to improve behaviour
"They're quite calm considering they've had such an active and quite loud session. They come back in really calm, and it's nice to see actually they've had their energy, but they've concentrated."
Taylor

A way to improve pupils' learning resilience
"In terms of their attitudes towards learning, they seem more resilient and a lot more confident, and they don't have any tears if they can't answer any of the questions. They just persevere with it."
Zuri



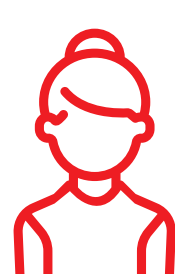
Focus groups with children

Galvanising resilience and confidence
"I want to say like... kind of like boosts up my confidence..."
Aisha

MOTM left me feeling ecstatic
"I feel excited and happy, I feel this because we get to do fun activities and learn about Maths."
Aisha

Depth of learning and understanding
"It gives me deeper understanding of what I'm doing."
Sana

Cooperative learning between children
"We had to work as a team and interact with other people to know what they got."
Laila



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