

#19 **Better Movers Thinkers (BMT)**

Dr Andy Dalziel & Education Scotland

United Kingdom

Physical
Activity

Physical
Education

HEPAS

School
Sport

Healthy
Lifestyle

Curriculum, PE lessons



Active learning



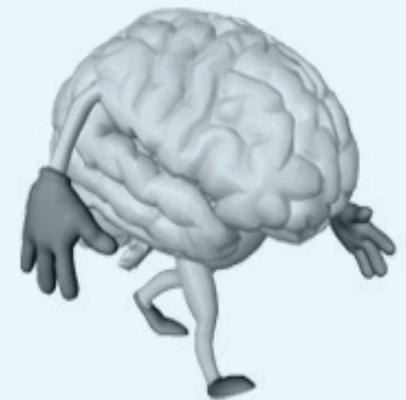
Teacher Education, Workforce

DESCRIPTION

Better Movers and Thinkers (BMT) is an approach to learning and teaching in physical education designed to develop the ability of all children and young people to move and think in a more cohesive way with a specific focus on developing, enhancing and fostering Executive Function (EF) skills within the learning process. The BMT approach represents an evolution in physical education and incorporates pedagogical development and innovative content with current good practice.

The BMT approach focuses on learning – the process and the product

- It helps to develop kinaesthetic awareness, which is essential when learning or developing physical skills, qualities and attributes
- It helps to engage learners, and then sustain their engagement
- It supports learning by helping students develop thinking skills through movement
- It supports learning by helping students develop Executive Function skills
- It supports the development of movement through the use of scaffolding practices
- It enhances the development of performance through the practices of layering refinement and complexity
- It facilitates differentiation by focusing on the work of the individual
- It has the capacity to place physical education at the forefront of learning and teaching across the curriculum.



Better Movers & Thinkers Ltd

Inspiring and supporting infants, children
and young adults to achieve their best everyday

COGNITIVE ENGAGEMENT

Learning shall be supported by helping students develop thinking skills through movement.



LEARNING NEW SKILLS

The approach aims at fostering Executive Function skills within the learning process.

ORGANISATIONAL NEEDS

A deep understanding of the approach and how to implement it in class is required. The outcomes can be assessed by observing possible developments in children's skills.

If you want to know more about the practice

 [education.gov.scot](https://www.education.gov.scot)

 Contact: andy@bettermoversandthinkers.com



The successful implementation of this practice will help you reach one of the Moving Schools Award levels.

www.movingschoolsaward.com

HEPAS
HEALTHY AND PHYSICALLY
ACTIVE SCHOOLS IN EUROPE



Co-funded by the
Erasmus+ Programme
of the European Union