

# #21 Bewegungspause

Kindersportschule Mittelbaden e.V. in cooperation with FoSS Karlsruhe

Germany

Physical Activity

Physical Education

**HEPAS**

School Sport

Healthy Lifestyle

Active recess



Active breaks



Active homework

## DESCRIPTION:

16 active recess ideas for primary school compatible with Covid-19 restrictions, such as physical distancing and sanitation rules, are presented in words and pictures as well as links. The opening credits point out what kinds of exercise are currently missing from children's everyday lives and how physical activity is still possible in this unique situation. The slim handout includes educational and instructional tips. All active recess ideas have been piloted with the target group of primary school children.



## COGNITIVE ENGAGEMENT

Children learn how to engage in a practice by using the handout and videos independently.



## IMPACT ON ATTITUDES

Children learn how to actively spend their recess and lesson breaks while respecting sanitation rules.

## ORGANISATIONAL NEEDS

In order to implement the ideas, the teacher needs a functioning internet connection or needs to print out the handout in advance. Afterwards, it is possible to immediately implement the presented ideas. Material requirements are mentioned in detail and include only typical equipment that should be available at every school. The outcomes can be easily assessed by observing children during recess and lesson breaks.

If you want to know more about the practice

[sport.kit.edu](https://sport.kit.edu)



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

[www.movingschoolsaward.com](http://www.movingschoolsaward.com)