

School Initiative: Active Classrooms



Sitting for long periods slows the metabolism, zaps energy and hinders the best learning. Our bodies are meant to move! Teachers know that active students are more engaged and perform better. Principals know that active students have fewer disciplinary issues. Good health and learning can be accomplished with active classrooms, which is why mobile, sit-stand desks are being used in classrooms around the world.

Ask these three questions:

1. How is your school addressing **physical literacy**?
 2. Is everyone in agreement that low-level physical activity, like standing and fidgeting, can benefit metabolic health, classroom engagement and academic performance?
 3. Why are sedentary classrooms still the norm and what will it take to make sit-stand furniture a priority?
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PHYSICAL LITERACY IS THE
MOTIVATION, CONFIDENCE,
PHYSICAL COMPETENCE,
KNOWLEDGE AND UNDERSTANDING
TO VALUE AND TAKE RESPONSIBILITY
FOR ENGAGEMENT IN PHYSICAL
ACTIVITIES FOR LIFE.

The International Physical Literacy Association

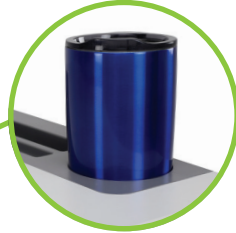


LEARNFIT™

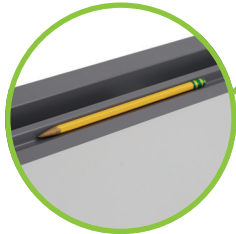
Easy Assembly




Tablet Slot: Accommodates iPad®, Surface™ Pro and other Windows tablets in portrait or landscape position.




Cup Holder: Maximize your workspace and keep hydrated.




Pencil Tray: Keep writing instruments from rolling around when students are rolling around the classroom.




On-Demand Height Adjustment: Students can adjust the height of this standing desk themselves. Just squeeze the handle and move from a standing position to a stool-height stoop.



Backpack Hook: Neatly store backpacks to make desk reconfiguration even easier.



Casters: Reduce the chaos of classroom reconfiguration! Four dual-wheel casters (two locking) for smooth and seamless small group breakouts.



Storage Bin: Holds books, binders and other class supplies.



Physical Health

The act of standing in the classroom promotes a healthier metabolism:

- Increased heart rate
- Increased calorie burn
- Greater insulin effectiveness*



Classroom Engagement

Better oxygen and nutrient transport throughout the body and brain translates into greater student engagement.*



Academic Performance

The combination of better health and engagement has a positive effect on cognition and test scores.*

*This study was conducted by Dr. John Buckley at the University of Chester. BBC/University of Chester researchers found that both heart rate and energy expenditure were raised significantly by standing work, and that sit-stand desks are both feasible and effective at reducing sitting time in a work setting.

*The Impact of Stand-Biased Desks in Classrooms on Calorie Expenditure in Children, Benden, Blake, Wendel, Huber, published in American Journal of Public Health, August 2011

*Institute of Medicine, 2013 (further reading), Centers for Disease Control & Prevention, 2010

Active classrooms need active furniture. Here are some ways to get started:

Bringing Standing Desks to Your School ...

Grant Writing Resources for K-12 Educators



Look for the blue banner on education.ergotron.com.



Grants & Crowd Funding

Whether requesting funds from within your district or from external sources (i.e. grants or platforms like Donors Choose), Ergotron has created a powerful resource to help you make your case for LearnFit desks:

Getting started with grants FAQ

Links to grant search databases

Starter text for writing your proposal



Classroom Trial

Here's an idea ... Start with 4. Start small. Integrate four LearnFit desks into a single classroom and watch what happens. Get started now at store.ergotron.com.



Large Pilot Program

Contact your school's preferred furniture or IT dealer about putting together a pilot program with volume pricing.

Ergotron is a proud supporter of Fuel Up to Play 60 and Active Schools.



Download additional resources at ergotron.com.

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