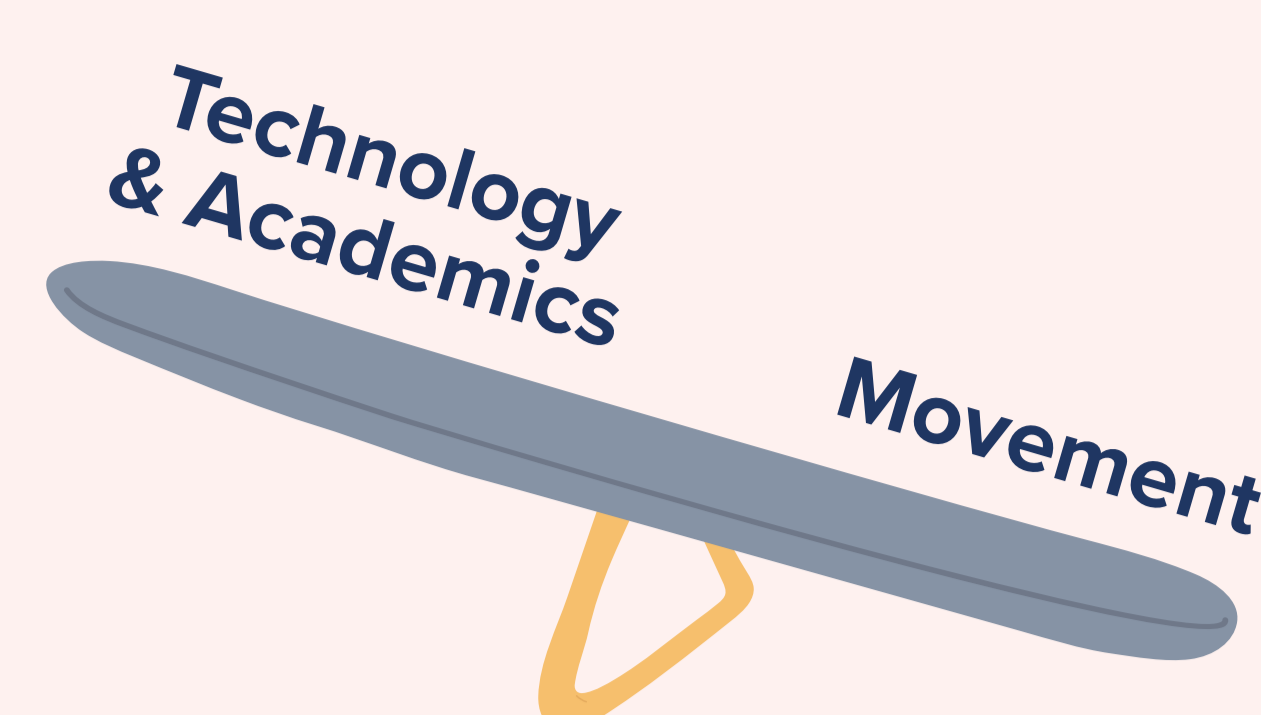


TECHNOLOGY & MOVEMENT:

Guiding Students Through the Ultimate Balance Challenge



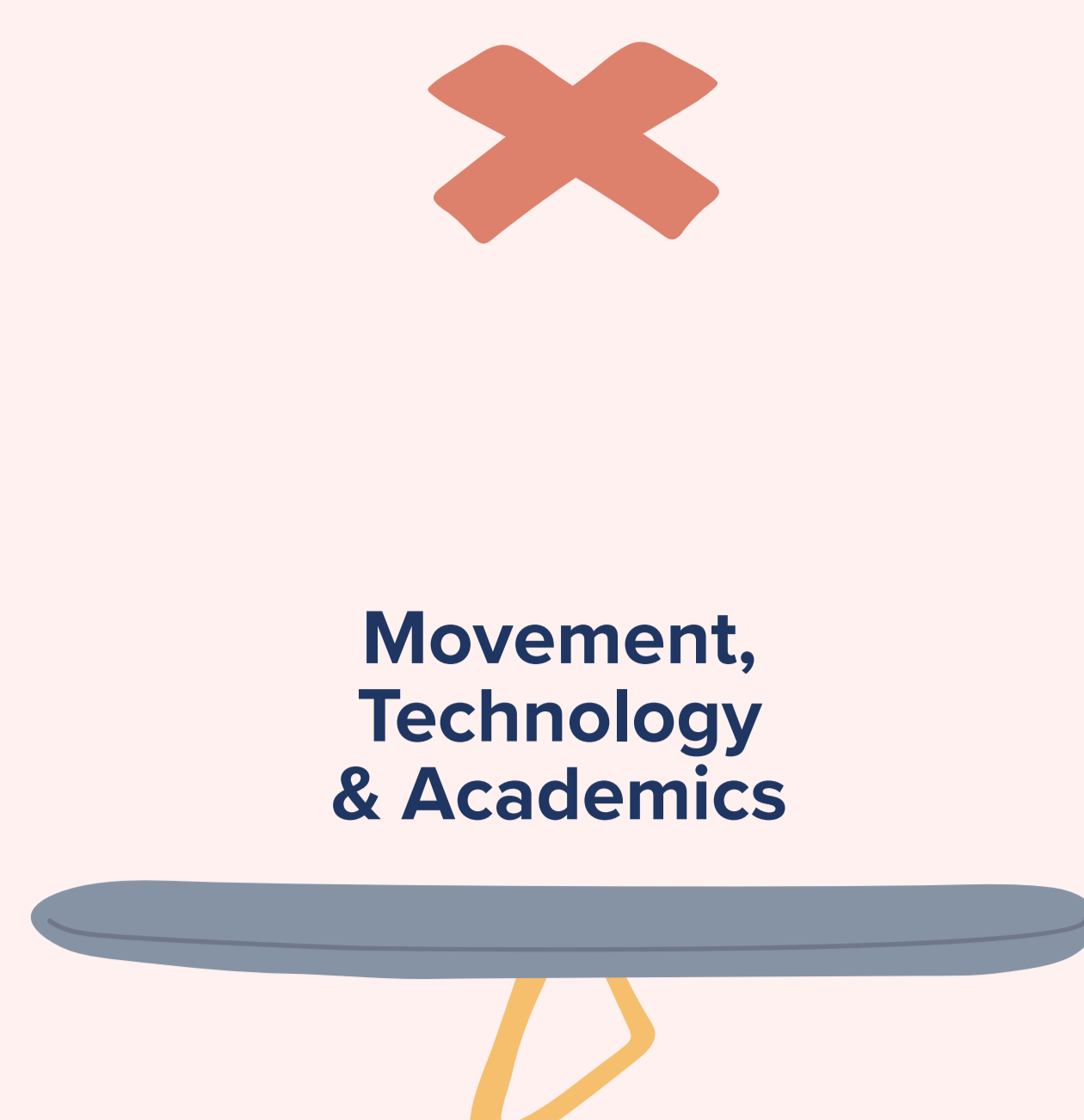
Challenge

Balancing technology, academics, and movement presents a challenge, as prioritizing movement in classrooms is often at odds with pressures to focus on academic performance.²



Stakes

When technology is prevalent in both academic and home settings, physical movement in and outside of the classroom is even more crucial.

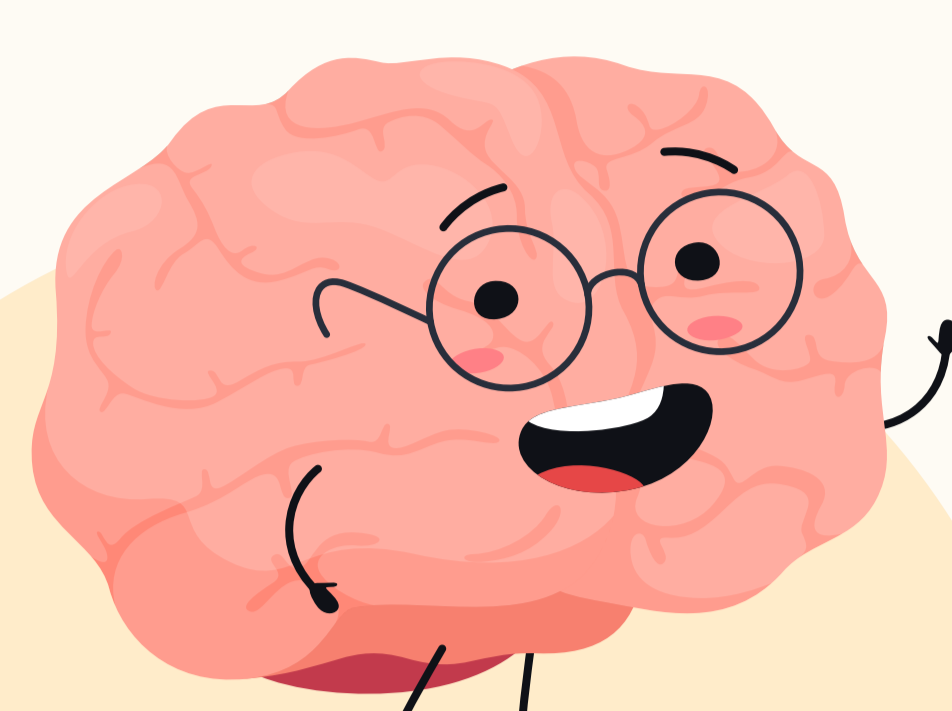


Solutions

Let's build a classroom culture where movement, technology, and academics co-exist rather than compete!

Screens Off, Body On!

Get kids moving in the classroom for multiple benefits! **Reinforcing breaks for movement can help children put down the screens and develop healthier habits** in and outside of the classroom. And it can be fun!

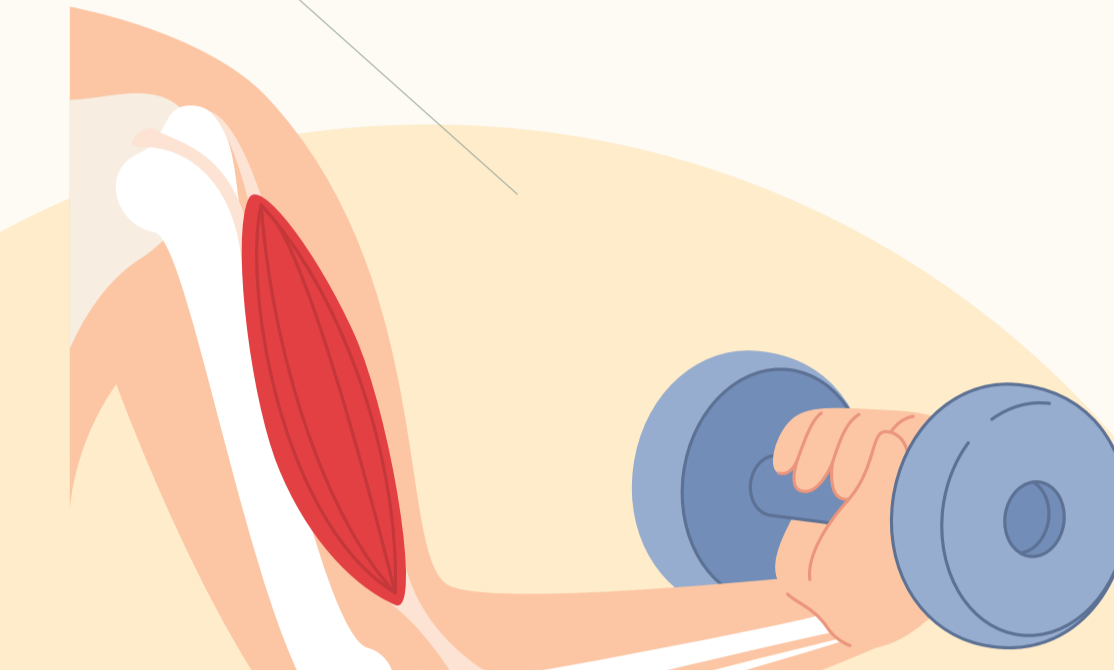


Brain Gains!

Physical activity reduces risk of depression
Improves attention & retention

Social Gains!

Active play fosters social skills: interaction, cooperation, and communication



Body Gains!

Physical activity reduces risk of type 2 diabetes and obesity
Improves endurance, bone strength, and blood sugar regulation

Build Movement into Educational Settings

It is recommended that children ages 6-17 get at least 60 minutes of physical activity every day, with a focus on aerobics, muscle-strengthening, and bone-strengthening.³ Between classroom academics, children can engage in a variety of activities that help reinforce standards for health and physical education.^{3,4}



Motor Skills

Bouncing & rolling a ball, jumping jacks or jump rope, balancing activities



Spatial Skills

Stretching, dancing, playing tag, sit-ups or push-ups



Social Skills Through Movement

Engage in a variety of single, partner, and group games; trade off in game roles, set rules and boundaries for safety



Fitness Awareness & Accountability

Remind students about the positives of regular movement and fitness; set classroom movement goals; consider group problem solving through movement

Stand and Move More, Sit Less

Replacing traditional school desks with standing desks may reduce sitting time and provide other physical and learning-related benefits.⁵ Mobile + sit-to-stand desk solutions encourage students to stand more while also providing mobility for learning and collaboration at any point in the school day.



Take technology along for the ride with a built-in tablet holder



Maximize hydration with a cup holder



Accessories to support student supplies



On-demand height adjustment

SOURCES:
 1 Health Benefits of Physical Activity for Children: <https://www.cdc.gov/physical-activity-basics/health-benefits/children.html#~:text=What%20to%20know,measures%20of%20a%20healthy%20weight>
 2 The Effects of Physical Activity on Academic Performance in School-Aged Children: A Systematic Review: <https://pmc.ncbi.nlm.nih.gov/articles/PMC10297707/>
 3 National Standards for Health and Physical Education: <https://www.shapeamerica.org/MemberPortal/standards/default.aspx>
 4 States that Require Physical Education: <https://study.com/academy/popular/states-that-require-physical-education.html>
 5 The effects of standing desks within the school classroom: <https://pmc.ncbi.nlm.nih.gov/articles/PMC4929187/>
 6 Making Physical Activity Part of a Child's Life: <https://www.cdc.gov/physical-activity-basics/adding-children-adolescents/index.htm>
 7 Physical Activity in Children's Health and Cognition: <https://pmc.ncbi.nlm.nih.gov/articles/PMC6036844/#>