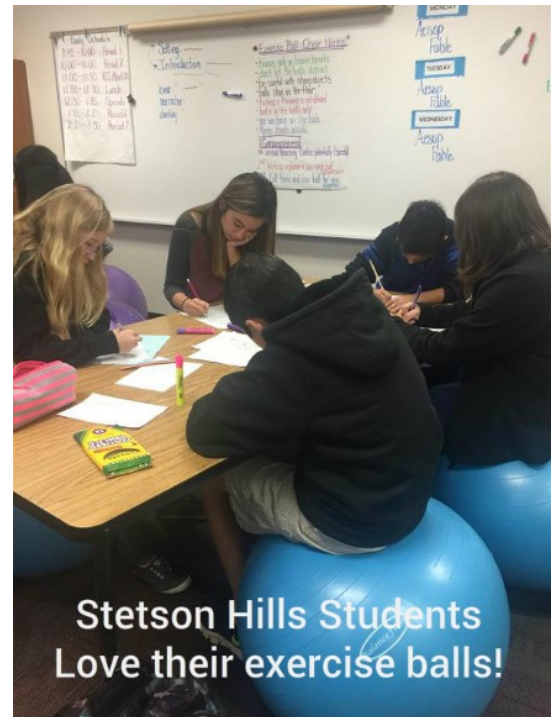


Movement in the Classroom-Stetson Hills

Susie Ming, 6th grade Social Studies teacher at Stetson Hills, incorporates movement into her classroom. For the past several years, Susie and her fellow teachers have noticed the decreased amount of recess and an increased amount of time students are sitting in hard plastic chairs. There is less time everyday for students to move and be out of their seats. In the fall of 2016, Susie asked her students about their thoughts on having physioballs in their classroom instead of plastic chairs. They were completely on board with the idea! She wrote a DonorsChose grant and within 23 hours, the project was funded. Four days later, the equipment arrived at the school on a pallet from Amazon. Each of her students have a physioball to sit on as well as rings to store the balls.

Susie's students have increased their focus and really enjoy coming into a classroom that allows them some movement. Of course, they do not have norms to follow on the physioballs as well as consequences, but they really value using them and monitor themselves as well as their peers. Susie reports it has been a great experience for the students and for her as well. She loves seeing their excitement when the class incorporates exercise and movement into learning and their faces light up when they have "bounce breaks."



Stetson Hills Students
Love their exercise balls!



Exercise balls store in rings