



Irish Primary PE Association

Cumann Corpoideachais Bunscoile na hÉireann

Review of PE resource-Jan/Feb 2014

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Name of Resource: Brain Breaks

Web link

<http://www.emc.cmich.edu?BrainBreaks>

Description

Upon reviewing this website and these ideas I found that all to these ideas were nice and simple and easy ways to get the children more active in the classroom. Overall I used 5 ideas in my classroom over the last few weeks but many more of the ideas I would think are quite easy to use in the classroom. I adjusted some of them slightly to suit my own class (2nd class).

1. Morning Break

I took the children out skipping for the first 15 minutes of each day. As a result the children were more alert and were more focused on their work.

2. Language Arts

Children jogged on spot while I called out words and had to freeze on a given words. Great for introducing new vocabulary and synonyms. Also could be used in maths like freeze on multiple of four etc.

3. The Navigator

Great for geography as I was introducing words North South East and West. Children travelled in different directions that I called out. Worked best in the yard.

4. Spelling Bee Obstacle race

I didn't use an obstacle course in class but simply got two children to end of classroom and run to board and write the spelling I called out on board. The children loved it and it was a nice easy way to ask them their spellings.

5. Maths Bridge

In this I used numbers from 0 to 999. Children in groups had to balance on one leg and arrange themselves in ascending and descending order. Very simple idea and again got them out of their seats. You could use other activities apart from balancing on one leg.

Organisation

These activities I used involved different types of organisational strategies like group work, paired work and whole class teaching. The other ideas on the website also encourage different organisational strategies.

Age Group

Most of the ideas can be adjusted to suit all class groups.

Safety

As these ideas were mainly in the classroom certain safety issues arise. I always made sure children had sufficient space for the activity so at times we had to move a few tables around. The children always made sure school bags were always securely put under their tables etc.

Equipment

The activities I chose involved no equipment and some activities involved very little equipment. Hence they were nice simple ideas to use in the classroom.

Space

For these activities I used the classroom and for the navigator I used the yard. All other activities work well in small confined areas but could also be adjusted to work in bigger spaces.