

Going Beyond the Brain Break:

***Integrating Physically Active Learning for
Improved Student Education, Wellbeing
and Health Outcomes***



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You know how . . .

Aus. students recorded higher rates of bullying exposure than the OECD ave. [1].

Attendance rates have been declining across Aus. since 2014, with a notable drop in 2022 [3].

OECD data shows around $\frac{1}{4}$ of Aus students reporting they can't work well in most or all lessons, and that $\frac{1}{3}$ do not listen to what the teacher says [1]

Student Engagement data shows declines in student engagement.

Problem

Solution

Call to Action

And . . .

1/7 Aus. young people aged 4 to 17 years experience a mental health condition in any given year.

1/10 Aus. adolescents meet physical activity guidelines.

25% of Aus. children aged 12-15 do not sleep for 8-10 hours on school nights. This increases 50% when considering children aged 16-17.

Only 15% of Aus. children ages 5 – 12 year olds meet screen-time guidelines, and screen use is reported to increase as children age.

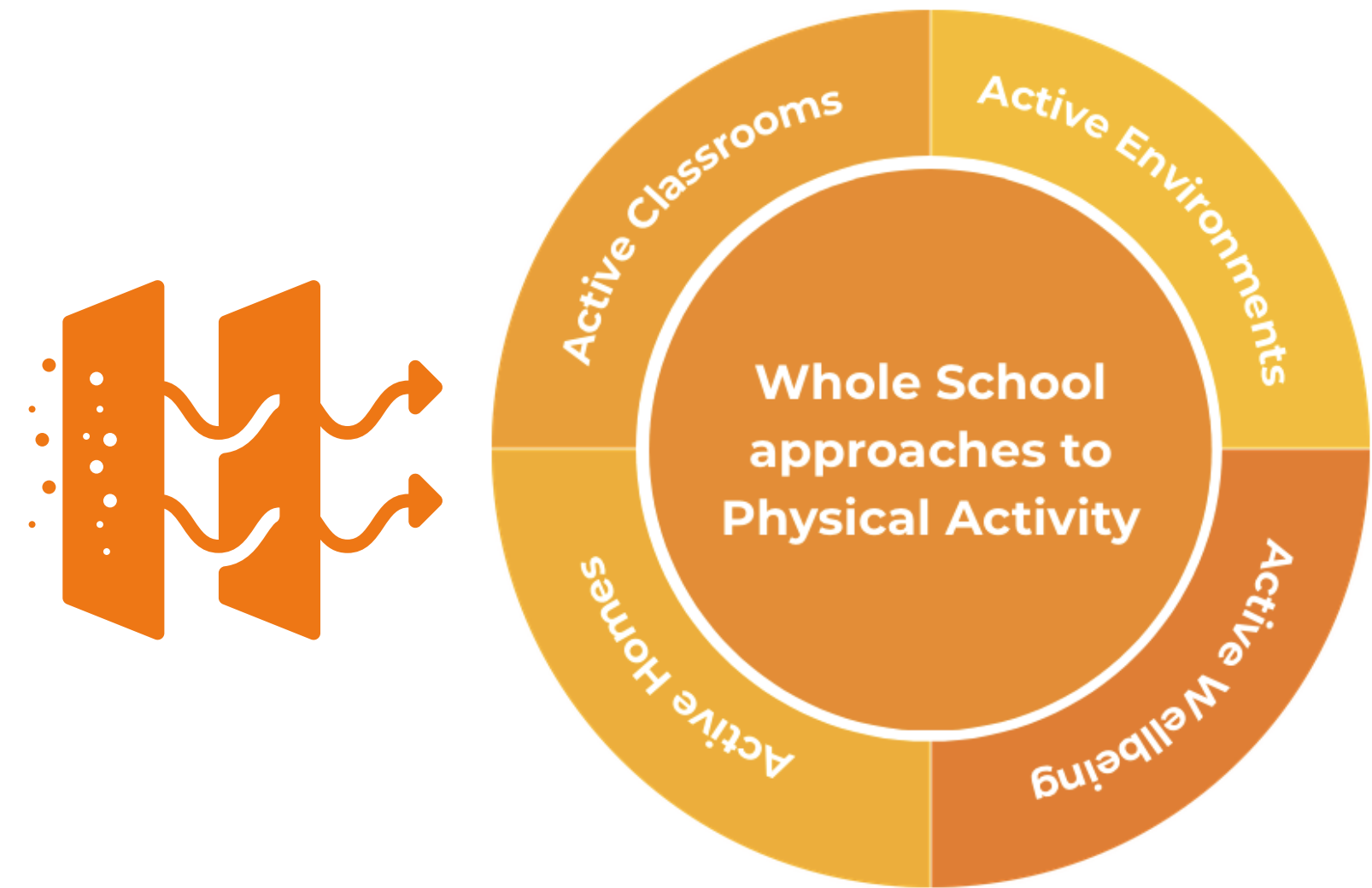
Problem

Solution

Call to Action

Solution

- Physical activity is vital for child health and development.
- Physical activity improves focus, concentration, attention, self-regulation, relational outcomes and is important for academic and classroom related outcomes.
- Prolonged sedentary time is linked to lower levels of concentration and decreased motivation and academic achievement.
- Prolonged sedentary time is linked to negative health and wellbeing outcomes.



Problem

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Solution

- Whole-of-school approaches to physical activity offer integrated, accessible, practical, scalable adaptable and low-cost opportunities to improve mental health in students.
- Whole-of-school approaches to physical activity align with key national strategies such as:
 - The Australian Student Wellbeing Framework
 - State Wellbeing frameworks
 - State Teaching and Learning Frameworks
 - The National Preventive Health Strategy
 - The National Obesity Strategy
 - The Better and Fairer Schools Agreement
 - ADD State and territory models and frameworks



Problem

Solution

Call to Action

Solution



Problem

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Call to Action

Call to Action: Active Breaks

- Consider the role of physical activity at your school to enhancing student academic, wellbeing and health related outcomes.
- As a starting point we urge you to re-conceptualize the traditional, narrow focus of the 'brain break' into a more purposeful, integrated, and educative approach.
- Position Active Breaks as a:
 - teaching tool
 - part of an instructional model
 - a vehicle for increased student engagement
 - a proactive classroom management strategy
 - a mechanism to create a positive classroom environment.



Energise

To break from prolonged periods of seated learning.



Transition

To transition between different phases of the lesson or from one physical location to the next.



Manage

To proactively and positively manage classroom behaviour.



Structure

To build physical activity into the structure of the lesson. To enhance the lesson structure.



Learn

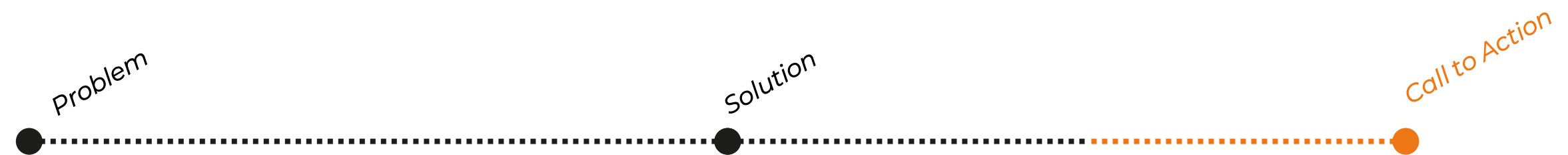
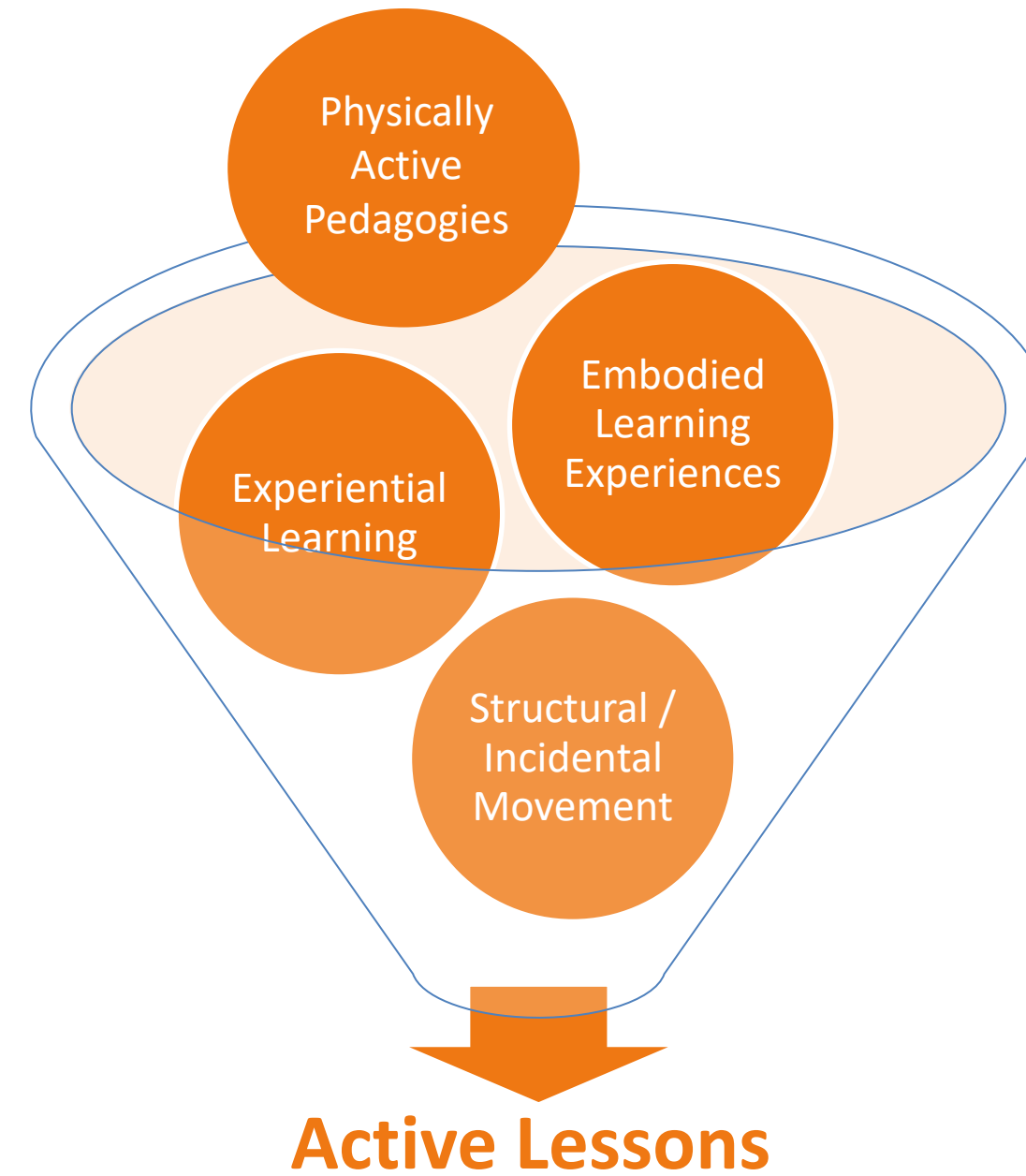
To embody, experience and represent learning concepts.

Problem

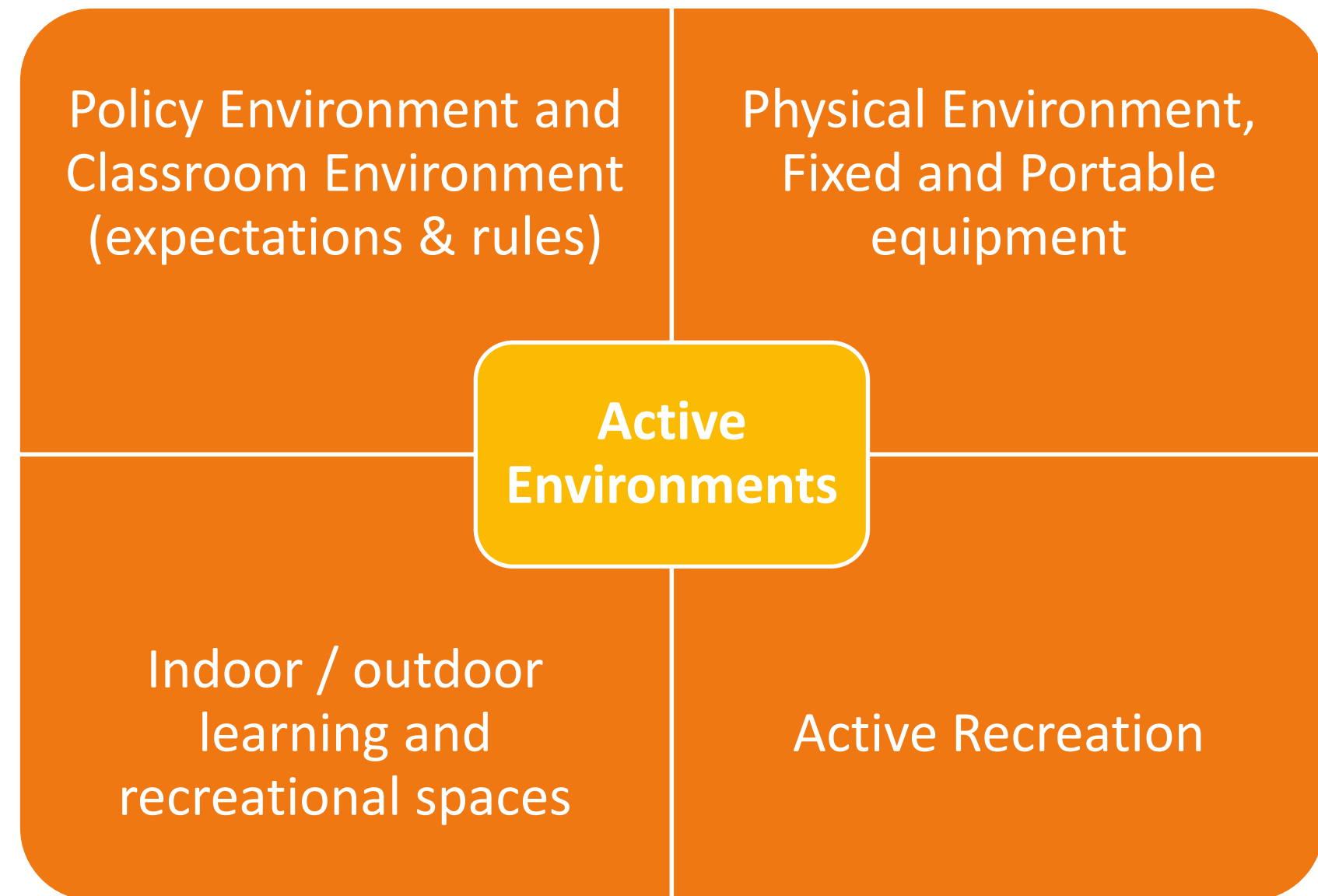
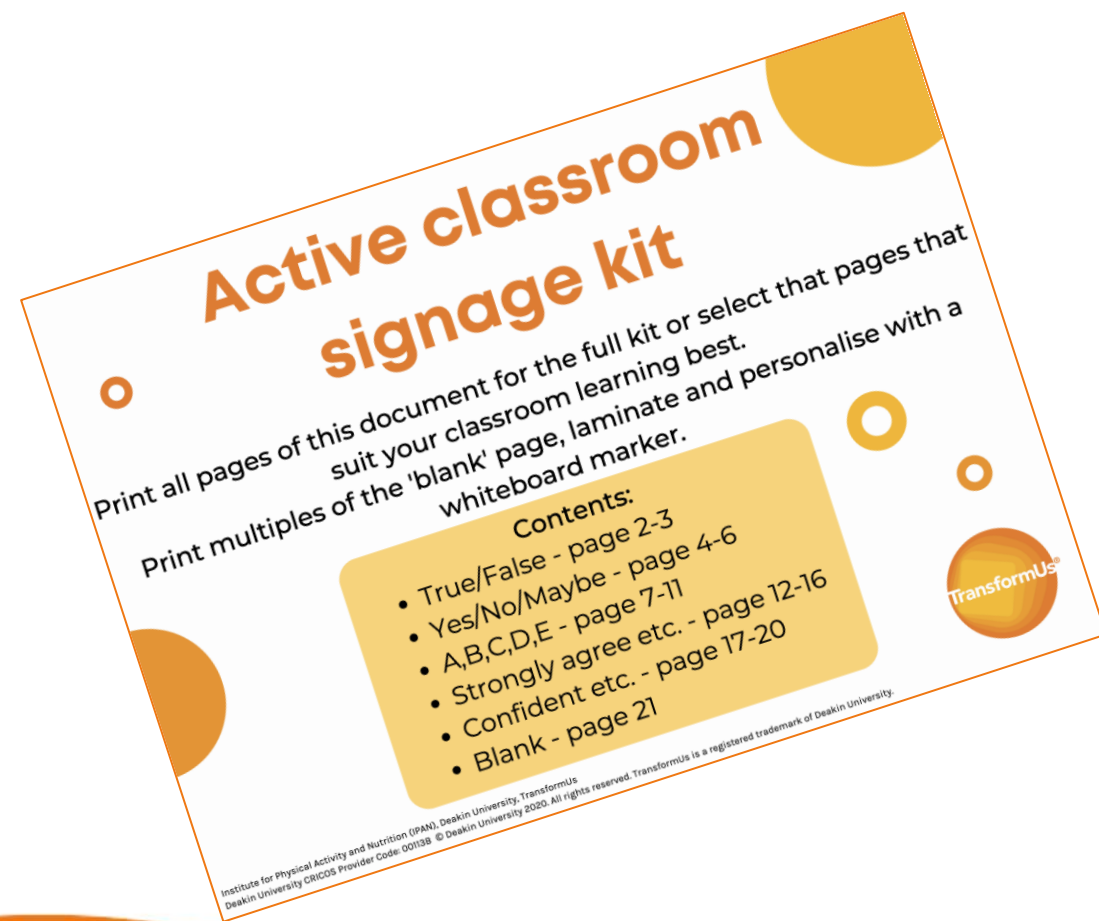
Solution

Call to Action

Call to Action: Active Lessons



Call to Action: Active Environments



Problem

Solution

Call to Action

Final Message

- ~~What if every Australian student c~~ **CAN** ~~xperience learning in a way that energises their body, stimulates their mind, and supports their mental health?~~
- ~~What if every teacher h~~ **CAN HAVE** ~~the tools to manage their class, inspire their students, and feel confident and supported in doing so?~~



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