



*Ministero dell'Istruzione  
Ufficio Scolastico Regionale per il Piemonte*



Seminario “OUTDOOR EDUCATION –

Benefici, idee e spunti pratici per una progettazione europea negli Istituti  
Comprensivi”

Giovedì 19 maggio 2022

IC Gonin, Via Don Pogolotto, 45 – Giaveno (TO)

**Come aumentare il tempo trascorso in  
movimento nelle scuole dell'infanzia e primarie**

Paolo Moise- USB Piemonte

Ufficio IV- Area IV Ufficio Educazione Fisica – 0115163686

# active kids learn better

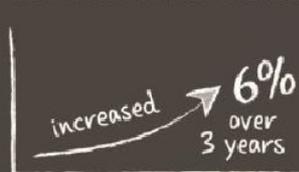


physical activity at school is a win-win for students and teachers

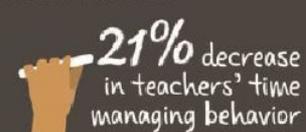
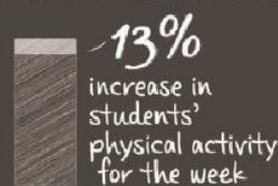
GRADES:



STANDARDIZED TEST SCORES:

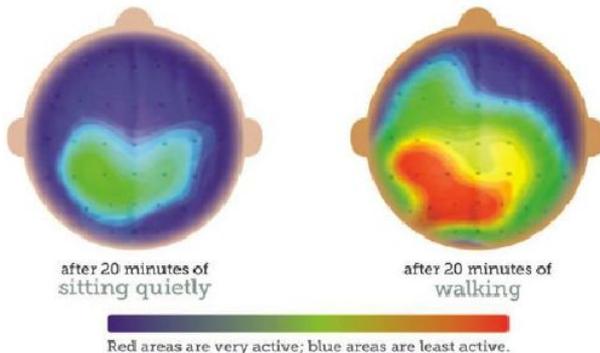


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



## physically active kids have more active brains

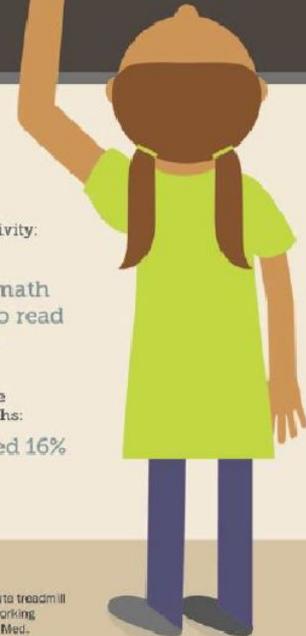
BRAIN SCANS OF STUDENTS TAKING A TEST:



MORE RESULTS:

after 20 minutes of physical activity:  
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:  
memory tasks improved 16%



SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Karmijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(6):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10: Integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larsen P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.



<https://twitter.com/ActiveFlag>

**Active School Flag**  
@ActiveFlag

Active School Flag is a Department of Education initiative supported by Healthy Ireland More Schools, More Active, More Often

📍 Ireland 🌐 [activeschoolflag.ie](https://activeschoolflag.ie)  
📅 Iscrizione a novembre 2012

1.360 Following 5.268 Follower

Account seguito da kuul play, Irish Physical Activity Research Collaboration, Physical Activity for Health @UL e altri 18

**Tweet** Tweet e risposte Contenuti Mi piace

↳ Ritwittato da Active School Flag

**Múinteoir Lorraine** @lorrainelawlor9 · 16h  
We started our 8 week programme last week and I have to say my class loved Lesson 1 @irishathletics @ActiveFlag #thankyou #fit4class #irishprimaryschool

# An Active School



## Physical Education

Delivers a broad and balanced PE curriculum



## Physical Activity

Promotes inclusive physical activity throughout the school day



## Partnerships

Works in partnership with others to promote a physically active school culture



## Active School Week

Organises an Active School Week every year



Physical Education	Physical Activity	Partnerships
Planning and Curriculum	Activity during Break Times	Working with Pupils
Professional Development	Discretionary Time and Cross-Curricular Activities	Working with Parents
Resources	Extra-Curricular Activities	Working with the Local Community
	Inclusive Physical Activity	Working with National Agencies
	Active Travel	

# ASF Research Findings

In 2018 a research team from DCU asked ASF coordinators from primary schools what they perceived the BENEFITS of participating in the ASF programme were for their school. This is what they said:



# St. Ninians Primary School

<http://thedailymile.co.uk/>

The screenshot shows a web browser window displaying the homepage of 'The Daily Mile'. The browser's address bar shows the URL 'thedailymile.co.uk'. The website's navigation menu includes links for 'Home', 'About', 'Getting started', 'Resources', 'GO Run For Fun', 'Videos', 'News', and 'Contact'. The main content area features a large banner image of children in school uniforms running in a park. Overlaid on this image is the 'The Daily Mile' logo, which includes a sun, a cloud with rain, and a tree. Below the logo, the text 'children fit for life' is displayed, and a yellow button at the bottom of the banner says 'GET STARTED TODAY!'. The Windows taskbar is visible at the bottom of the screen, showing the time as 17:58 on 04/09/2016.



<https://www.thedailymile.it/>

## Quali sono i benefici di The Daily Mile?

È inclusivo e nessuno viene lasciato indietro: tutti i bambini possono riuscire.

## Aménagement de l'environnement scolaire

Pour un mode  
de vie actif,  
tout au long  
de la vie

# JE BOUGE + à l'école



<https://azursportsante.fr/initiatives/jebougealecole/>

<https://www.baspo.admin.ch/it/promozione-dello-sport/sport-in-der-schule/bewegte-schule.html>

## La scuola in movimento Spiegazioni sul modello svizzero



### A scuola

- Eventi scolastici
- Tempo libero dalle lezioni
- Sport scolastico facoltativo

### In classe

- Educazione fisica
- Insegnamento in movimento
- Insegnamento interdisciplinare

### Prima/ dopo la scuola

- Tragitto casa-scuola
- Compiti a casa



## Joy of moving. MoviMenti&ImmaginAzione

PER L'EFFICIENZA FISICA

PER LA COORDINAZIONE MOTORIA

PER LE FUNZIONI COGNITIVE E LA  
CREATIVITÀ

PER LE ABILITÀ DI VITA



A.S.D. LABORATORIO 0246 NO PROFIT



# Spazi all'aperto



**Cortili attrezzati** (spazi all'aperto con riferimenti al suolo che stimolano i bambini a compiere i movimenti di base)



*LA FORZA  
DEL GRUPPO*



**IC BUTTIGLIERA ALTA-ROSTA (TO)**



*Il progetto un km al giorno*

Paolo Moisè I.C. Buttigliera Alta-Rosta (TO)

[paolo.moise@posta.istruzione.it](mailto:paolo.moise@posta.istruzione.it)

# LA PIRAMIDE DELLE ATTIVITÀ DEL BAMBINO

ESSERE ATTIVI OGNI GIORNO

## giochi di gruppo

Attività in cui si gioca e si imparano nuove abilità con gli altri. Entrate in un team, in una classe o in una squadra.

- ginnastica
- lezioni di pattinaggio
- football
- lezioni di musica e canto

GIOCARE LIBERAMENTE

Attività che si possono fare in qualsiasi momento da soli oppure con un amico.

- costruire una fortezza, una casa sull'albero, un nascondiglio
- andare con lo skate
- giocare a palla

LIMITE

guardare la tv  
giocare al computer e ai video games  
STARE SEDUTO PER PIU' DI 30 MINUTI

DIVERTITI PROVANDO ATTIVITÀ DIVERSE

## giocare in famiglia

Famiglie che giocano insieme, stare bene in famiglia... Quali sono le attività che avete voglia di fare con la vostra famiglia?

- fare una passeggiata
- spegnere la tv una volta a settimana
- giocare al parco

GIOCO

di Gruppo

lezioni di danza  
karate  
calcio  
basket  
pallavolo

skateboarding  
far volare un aquilone  
sfilino, giochi d'acqua  
nascondino,  
"ce l'hai"  
salta la corda

con la Famiglia

frisbee  
andare in bici  
nuotare  
caccia al tesoro  
escursioni naturalistiche  
esplorare campi da gioco diversi

MUOVERSI

aiutare nelle faccende domestiche  
prendere le scale  
essere attivo durante la ricreazione  
dare la caccia a insetti, rane e farfalle  
giocare con il proprio animale domestico

# Link utili



<https://pauseattive.wixsite.com/be-active/descrizione-progetto>



CHALLENGE PREPARATORY CHARTER SCHOOL  
SCHOOL CALENDAR 2021-2022

PARENT CALENDAR

**FEBRUARY 2022** Perseverance - "Push yourself to work through challenges and obstacles"

	SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
WEEK 23			1	2	3	4	5
			 Lunar Day SCHOOL CLOSED	Quarter 3 BEGINS		DISMISSAL @ 12PM 4th Grade Virtual Library Trip	
	6	7	8	9	10	11	12
WEEK 24			Math Tuesday Challenge	Candy Gram Sale \$1 National Pizza Day	Candy Gram Sale \$1	DISMISSAL @ 12PM 5th Grade Virtual Library Trip Wear Mix- Match Sneaker Day	
	13	14	15	16	17	18	19
WEEK 25		VALENTINES DAY Candy Gram Delivery WEAR RED, PINK OR WHITE	Math Tuesday Challenge		BLACK HISTORY MONTH CELEBRATION	DISMISSAL @ 12PM American Heart Chocolate Day \$1 VIRTUAL PA Meeting 6-7pm	
	20	21	22	23	24	25	26
WEEK 26		 Mid-Winter Break SCHOOL CLOSED	 Mid-Winter Break SCHOOL CLOSED	 Mid-Winter Break SCHOOL CLOSED	 Mid-Winter Break SCHOOL CLOSED	 Mid-Winter Break SCHOOL CLOSED	
	27	28		February is American Heart Month 			

14 INSTRUCTIONAL DAYS

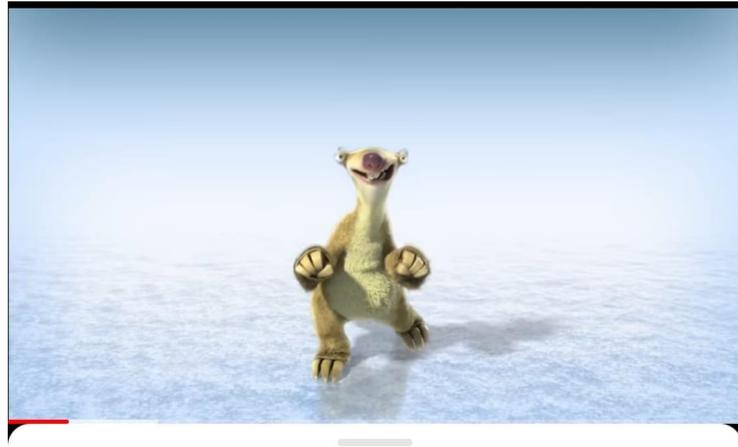
PARENT PICK-UP - Daily Dismissal Mon-Thurs is at 3:30pm/Fridays dismissal is at 12:30pm



**BUONE PRATICHE IRLANDESI:** al segnale GONOODLE I BAMBINI SONO PRONTI A MUOVERSI, SI ASPETTANO UN'ATTIVITA' FISICA, SONO PRONTI !!! DIVENTA IN QUESTO MODO UNA BUONA ABITUDINE

GoNoodle | Get Moving

<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>



**Brain Breaks or Exercises** • 1/27

hullkaren 



[https://www.youtube.com/watch?v=uMuJxd2Gpxo&list=PL7xJrqTxpB6jyO5D55wEjDI2EPPo\\_Myvo](https://www.youtube.com/watch?v=uMuJxd2Gpxo&list=PL7xJrqTxpB6jyO5D55wEjDI2EPPo_Myvo)

<https://www.youtube.com/watch?v=xbVr38Bhe7E>



# MovetoLearnMS

<https://www.youtube.com/channel/UCuPUdEctalgaEexj3ZFjkiQ>

**GRAZIE!!!!**

