

The Benefits of Children Exercising In the Classroom

There's no denying that for a child having to sit in a classroom for hours at a time is not deemed as fun. It's a common trend that children who don't enjoy classes, tend not to do as well as those who do. Makes sense right? More fun = more learning. And it's for this reason, that schools are implementing an array of physical activities for their pupils to enjoy during the day.

The advantages of getting children to exercise has been widely publicised (you can find countless studies on any search engine). Studies have shown multiple benefits ranging from more strength, to better posture all the way up to increased concentration and higher levels of learning.

Let's have a deeper look at each of the benefits below:

1. Makes them focus

Having the ability to focus is a "must have" skill for all children. Developing all new skills in life start with a genuine interest and the ability to focus on those new learnings. We've found that exercising in the mornings have often allowed the kids to stay alert and focused for the duration of the day. When getting active, the intake of oxygen travels faster and more plentifully throughout the entire body, knocking out any feelings of still being sleepy.

What's more interesting is that the level of a heightened focus lasts for the whole day instead of just for a few hours.

2. Helps in building stronger muscles and bones

Taking part in exercise is an excellent way for kids to develop their bones as well as increase their strength. This helps children in not just becoming stronger, sturdier and more flexible, but also reduces their risk of injury.

3. Makes them flexible

The world has progressed a long way, from focusing on strength to looking more at flexibility. Allowing children to take part in some exercises in the middle of lessons allows them to be more flexible. Exercises that include stretching, bending and yoga have been found to be highly beneficial.

Sitting all day in class can take a toll on a child's spine and involving them in any sort of flexibility will only further help them.

4. Improves their work

Keeping children healthy, focused and alert has the benefit of a more focused child. A child that is more focused tends to absorb things at a faster rate. It is at this heightened state of alertness children can learn more and be able to increase their rate of understanding. All of this combined allows for a scholastic improvement.

5. Enjoying the lessons

Doing a different style of exercise everyday allows for kids to break the perceived monotony of a 'standard week'. We've found that having an array of exercise options daily for kids keeps them

pleasantly surprised and often very excited to try new things. Doing this within classrooms lets children not just enjoy the exercise, but by default look forward to their day ahead.

What We've Learnt

Schools who exercise regularly see positive results. The schools that tend to use the Fitter Future platform often use it in the mornings. They login, pick the best exercise video for the class and simply hit play. The next 10 minutes is packed with a fun and exciting way to copy our trainers on the screen and get exercising. It's mixed with laughter, enjoyment and more importantly learning.

As a company that are passionate about keeping kids fit, and train over 40,000 children, we've come to learn a few things along the way. When asking for feedback from the teachers we get told a number of benefits all the time:

- i) the exercises are easy to do, easy to keep up with and super enjoyable. This allows for an inclusive environment and makes life very easy to get all students involved.
- ii) Laughter - there's no denying, doing exercise using our structure does get kids, feeling good, laughing, being happy.
- iii) Learning - time and time again, we are told by teachers and sometimes the parents that kids are finding grasping new concepts easier. And so much research has happened, especially in Japan, where morning exercises does so much do boost the brains capacity to grasp new concepts.
- iv) behaviour and focus – exercising stimulates the mind and allows for greater focus which goes hand in hand with better behaviour.

Conclusion

The benefits to exercising in classrooms are plentiful. Keeping kids happy, healthy and having fun is what we as a company strive for.

To see more on Fitter Future you can visit us at www.fitterfuture.com

[It is all too easy to dismiss this as being no more than a commercial plug but there is much more to it than that alone. All too often we tend to pay lip-service to the importance of physical activity as being “beneficial” and then simply sublimate it to the Physical Education and the Games slots in school time-tables. Whilst the idea of “exercising in the classroom” may sit better in the Primary than in the Secondary Sector, there are plenty of examples of schools which put physical activity at the centre of their ethos and claim that the academic outcomes are improved and the levels of emotional well-being enhanced. Surely there must be some mileage in it – Ed]