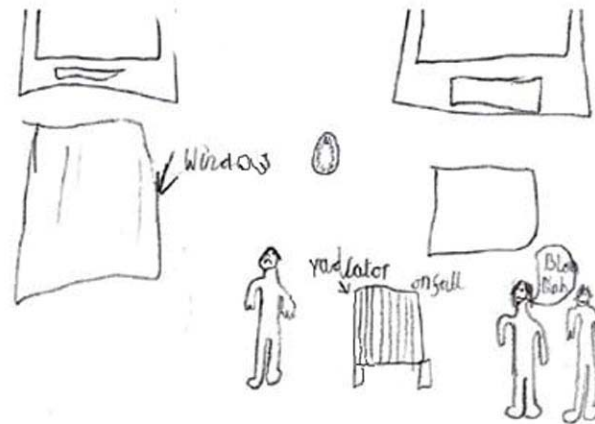


## The Class Environment- Fresh Air and Breaks

Children and young people had quite a lot to say about the classroom environment and what helps them learn and what can get in the way.



*"The clock has stopped and it feels like time is going slower and it is very hot."* Tinkywinky aged 11. The window is also shut and the radiator on full.

Fresh air, more breaks and more outdoors were all suggestions made about helping children and young people learn. The heating systems in some schools do not seem easily controlled or adjusted and ventilation is variable. Most of us would find it hard to learn in a warm stuffy environment which is more conducive to sleep.

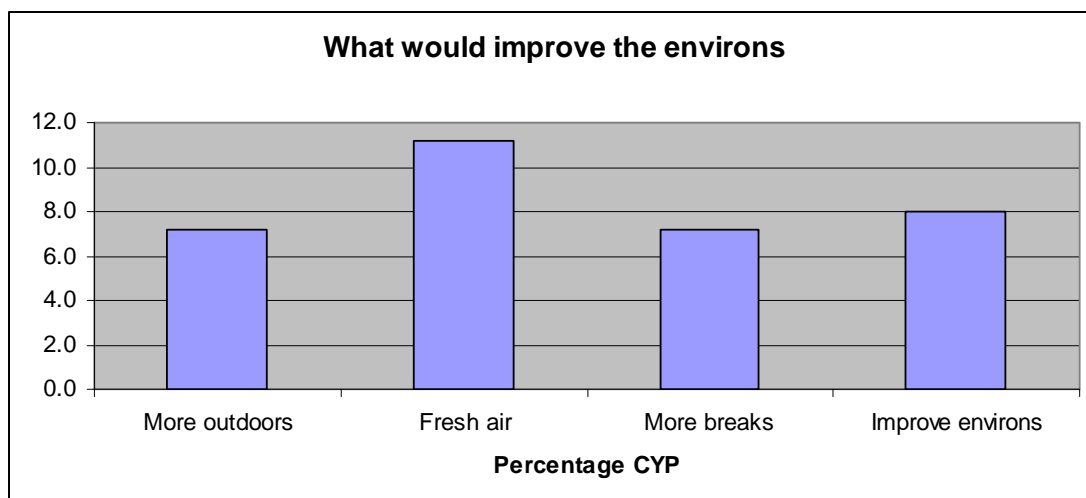


Table excerpt from "What would Make things better" in achievement at school.

In primary school, [Class Moves](#) might be one approach to counter lethargy setting in. In secondary moving between classes was seen as being helpful.

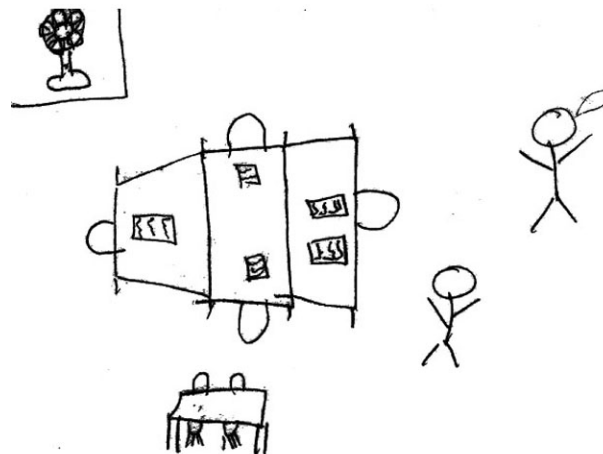
[West Dumbartonshire Council](#) has this to say about "Class Moves":

*"The Activities have been designed to suit the pupils stage of physical development and do not require any equipment or time to set up. Ideally teachers should use the Class Moves method when the class is needing a break, or if concentration levels have fallen. A very short period of activity is enough to stimulate a period of recovery and relaxation, during which the pupils are more attentive, concentrate for longer and hence learn quicker.*

*The exercises cover a number of topics to encourage alternating between exertion and relaxation which can also:*

- *Improve concentration levels in the classroom*
- *Promote positive physical awareness and sensorimotor development*
- *Improve pupils physical condition*
- *Promote injury prevention and self-care*
- *Promote a beneficial atmosphere*

*The younger you learn about your body and how to control its movement quickly and efficiently, the easier it is and the longer it will stay with you."*



What might make achievement better:

*"Getting fresh air, helping us more, break after each class, desks for 2, water, fruit, exercise, stopping distractions, making it cooler, give awards for people who learn, control heater, get computer for each person, getting everyone to stay working." Penny, age 10*