

Lesson topic: Active break  
Class IV

Active break at school:

Duration: 45 minutes

Objectives:

- To teach students what an active break is and its benefits
- Introduce different forms of active breaks
- To encourage students to be physically active on a regular basis

Lesson plan:

1. Introduction (5 minutes)
  - Discussing the topic of the lesson
  - Explaining what an active break is
  - Discussing the benefits of an active break
  - Examples of different forms of active break
2. Discussion of active break zones (35 minutes)
  - Presentation of the play and movement zone: discussing the types of games and activities that can be performed
  - Presentation of the relaxation zone: discussing ways to relax and unwind, such as yoga, meditation
  - Presentation of the board games zone: discussing board games and their benefits for the mind
  - Presentation of the art zone: discussing different art forms and the benefits of creative self-expression
  - Presentation of the learning zone: discussion of different interactive educational games and the benefits of learning through play
  - Presentation of the library zone: discussing the benefits of reading
  - Presentation of the cooking zone: discussing the basics of cooking and the benefits of cooking skills
3. Preparation of active break plan (5 minutes)
  - Ask students to prepare their own active break plan, choosing the activities that interest them most
  - Discuss the plans and share ideas

End of lesson: Summarising and reflecting on what students have learnt in the lesson. Encourage them to use their knowledge of active breaks in their everyday school life.

Materials:

- Materials for games and activities (balls, board games, art materials, books, etc.).
- Sheets of paper and pens for students to create their own active break plans

### **What is an active break?**

An active break is a break in learning time where students do a variety of exercises and games to improve their fitness, motivation and concentration. The active break is an important part of the school day, as it allows students to relax and unwind while increasing their academic performance.

Czemu służy aktywna przerwa?

The aim of the active break is to improve students' physical and mental fitness, as well as to increase their motivation and concentration. An active break allows students to relax and relieve stress, which has a positive effect on their well-being and their readiness to continue working.

### **Why introduce an active break?**

Introducing an active break during the school day can bring many benefits. Improved fitness, better concentration and motivation, as well as improved well-being are just some of the benefits of an active break. Therefore, it is worth starting to introduce such breaks in schools and contribute to the health and well-being of students.

We would like to introduce you to different forms of active break that you can use during your school days to help you relax, recharge your batteries and improve your concentration. Remember that each form of active break has its own benefits and you can choose the ones that suit you best.

### **Movement games:**

These are games and activities that engage your bodies in movement, such as team games, ball games or outdoor play. These activities will not only help you warm up, but also provide a good dose of fun.

### **Stretching exercises:**

You could try yoga, Pilates or dance, which are great for stretching muscles, improving flexibility and relaxation.

### **Fitness exercises:**

Such as running short distances, jumping rope or on-the-spot exercises to help you improve your fitness and resilience.

**Concentration exercises:** Try movement puzzles, logic games or games that require concentration. These will help you to improve your concentration and thinking skills.

### **How do you introduce an active break into your school days? Here are some steps:**

1. Reserve time: Find 10-15 minutes for each hour of learning when you can take an activity break.
2. Use available spaces: You can use the classroom, the corridor, the playground or the schoolyard. Remember that movement is not only about sport, you can also dance, draw or do stretching exercises.
3. Choose different forms of active breaks: Everyone is different and has different preferences. Try different activities to find the one that suits you best.
4. Start small: You don't have to introduce everything at once. You can start with one active break a day and then gradually increase the number.
5. Be committed: It is important that you want to take part in an active break and not feel that it is just another chore. An active break should first and foremost be fun!

Pamiętajcie, aktywna przerwa to nie tylko sposób na poprawę zdrowia fizycznego, ale także na poprawę koncentracji, samopoczucia i zdolności do nauki. Spróbujcie i zobaczcie, jakie korzyści przyniesie Wam aktywna przerwa!

### **Relaxation area**

Sometimes you need a moment of calm and relaxation. For these moments, we have created the relaxation zone. It's a place where you can rest, calm your mind and relax your body. You will find mattresses, blankets and pillows to help you relax in comfort. There will also be opportunities for yoga, meditation or relaxation exercises to help you regain your energy.

### **Board games area**

Board games are not only great fun, they are also excellent training for the mind. We have created a board games zone for you, where you can develop your strategic thinking, train your concentration and enjoy competitive games such as chess, checkers or Chinese.

### **Art area**

Creativity is important at any age and art gives us endless opportunities to express ourselves. The Art Zone is the place for your creativity. There you will find materials for drawing, painting, gluing, cutting out - everything you need to express your feelings, thoughts, dreams.

### **Learning zone**

Learning doesn't have to be boring! In the learning zone you will find a variety of interactive educational games, puzzles and quizzes that will allow you to learn in an attractive and fun way. This is a great opportunity to expand your knowledge and develop your skills while having fun.

### **Library zone**

Reading is one of the most important skills we can acquire. We will therefore create for you a library zone in which you will be able to read books or other materials that interest you. The reading helps you to develop language, improves concentration, improves knowledge and allows you to relax for a while.

### **Culinary zone**

Food is not only a staple in our lives, but also a passion for many of us. The culinary zone is a place where you can learn the basics of cooking, explore new flavours and develop your culinary skills. As a safety precaution, you will work mainly with simple ingredients and tools, but even this will allow you to create something tasty and healthy!

We would like to share with you ideas for celebrating unusual days during breaks at your school. They are a great opportunity to have fun, learn and develop your interests. Here are some ways you can celebrate these days during break:

1. **Creativity Day:** During the break, you can invite your fellow students to a specially prepared space where you will have access to art materials and can show off your creativity. You can paint, draw, make models or even write poems. This is your chance to express yourself through art!
2. **Invented Characters Day:** The break can become an arena for your invented characters! Come dressed as your favourite characters from books, films, video games or create your own characters. You can hold a competition for the best disguise and have a parade of your characters in the school hall. It's a great way to get imaginative and have fun together.
3. **Science Research Day:** During the break you can also organise small presentations or experiments that are short but interesting. You can share your scientific research or conduct a simple experiment that can be done in a short time. This is a great opportunity to spark your curiosity and passion for science.
4. **World Languages Day 1:** The break can be a great time to learn basic phrases and words in different languages. You can prepare stalls with signs with phrases in different languages. You

will be able to learn new words and try to pronounce them correctly. This is a great opportunity to discover the diversity of languages.

5. Technology and Innovation Day: The break can be a time for small presentations on the latest technology or showing your technology-related projects.
6. Social Action Day: The break is the perfect time for social action activities. Organise a stall where you can bring food products or clothes for the needy. This is an opportunity to show your generosity and solidarity.

Remember that celebrating unusual days during breaks is a great way to get variety, integration and develop your passions. Have fun and enjoy these special moments at our school!

### Homework on the topic "Active break"

1. Creating an individual active break plan:
  - Create an individual active break plan for the coming school week. Decide what activities you would like to do during breaks. Remember that you can choose from the different categories we discussed in class (movement games, stretching exercises, fitness exercises, concentration exercises, relaxation zone, board game zone, art zone, science zone, library zone, cooking zone). Try to include different types of activities so that your plan is varied.
2. Activity diary:
  - Keep an activity diary throughout the week, noting what activities you did during your breaks and how you felt afterwards. Note how active breaks affect your mood, energy levels and concentration.
3. Reflex:
  - At the end of the week, write a short reflection on your experience. Did the active break plan work? Which activities were most rewarding? Did you notice any benefits from introducing active breaks into your school day?

#### Notes:

- Prepare your homework for discussion in the next lesson.
- Remember that the aim is to promote healthy habits and an active lifestyle, not to judge or compare activities between students.
- Remember that an active break should be a pleasure, not another chore. Choose activities that you enjoy and that help you relax.