



Active Insight: Evidence in Action

Tip #402



5 x 2-Minute Movement Breaks

Overview

Short, structured movement breaks in Years F–6 support students to practise and apply movement skills while improving focus and wellbeing. These quick activities regulate energy, enhance engagement, and promote safe participation. Embedding regular movement opportunities strengthens learning readiness and supports positive behaviour across varied classroom and physical activity contexts.

Key Teaching Ideas

Keep movement simple, inclusive, and routine-based. Use clear cues and consistent structures to re-engage students quickly. Focus on smooth transitions and minimal disruption, supporting active participation while maintaining learning flow and helping students refocus, regulate energy, and stay engaged.

Practical Application

- Complete twenty jumping jacks followed by stretch for quick reset
- Follow the leader using varied movement patterns around the classroom safely
- Perform desk-based balance or core stability challenges during transitions
- Lead quick dance or rhythm routine to energise students instantly
- Combine breathing and mobility exercises to promote calm focus quickly

Next Steps

Embed short movement breaks into daily routines. [Anywhere PD Learn and Go activities](#) support consistent, engaging approaches that improve focus and wellbeing across lessons.

