



Active Insight: Evidence in Action

Tip #432



Rainy Day Movement

Overview

Indoor movement in Years F–6 supports students to demonstrate and practise skills in varied environments. Structured activities maintain engagement, reduce inactivity, and support wellbeing. This approach ensures consistent participation and helps students remain focused and regulated during indoor learning conditions.

Key Teaching Ideas

Plan low-space, low-noise activities suited to indoor settings. Establish clear boundaries and expectations. Use controlled movements, supporting safe participation and helping students remain engaged and focused in structured indoor environments.

Practical Application

- Use yoga or stretching routines supporting calm and controlled movement
- Implement balance challenges developing stability and focus in limited spaces
- Use silent movement games encouraging engagement and self-regulation skills
- Design desk circuits maintaining activity within classroom constraints effectively
- Use guided movement videos supporting structured and engaging indoor participation

Next Steps

Use [Anywhere PD](#) for indoor ideas. Structured approaches maintain engagement and ensure consistent physical activity regardless of conditions.

