



Active Insight: Evidence in Action

Tip #437



Micro-Movement for Teachers

Overview

Micro-movement in Years 7–10 supports individuals to apply simple strategies that enhance wellbeing, focus and energy levels throughout the school day. Small and consistent movement opportunities can improve concentration, reduce sedentary behaviour and model positive habits within everyday routines. Embedding micro-movements across school environments supports staff wellbeing, encourages active participation and helps promote a positive and active school culture.

Key Teaching Ideas

Incorporate short and manageable movement opportunities throughout the day to support energy, focus and wellbeing within school environments. Use simple and consistent actions, such as stretching, standing, walking or movement breaks, that can be easily integrated into routines without disrupting workflow. Encourage visible participation and positive role modelling to help strengthen wellbeing, promote active habits and support a culture of movement and engagement across the school community.

Practical Application

- Stretch between lessons supporting mobility and reducing physical tension buildup
- Walk during breaks promoting movement and improving energy and focus levels
- Use desk mobility routines supporting flexibility and wellbeing throughout day
- Hold standing meetings encouraging movement and reducing sedentary behaviour patterns
- Implement quick movement resets supporting focus and sustained staff wellbeing

Next Steps

Model active behaviours consistently. Small habits support staff wellbeing and contribute to a positive, active school culture for all.

