



IVYWOOD  
CLASSICAL ACADEMY

# ENHANCING CLASSICAL EDUCATION WITH MOVEMENT

The vital role of Movement Breaks in Student Success

## MOVEMENT BREAK

### EXAMPLES



DESK  
STRETCHES



JUMPING  
JACKS



DANCING



CURRICULAR  
INTEGRATION



SPORT-SPECIFIC  
MOVEMENTS



#### ENHANCED FOCUS

Physical Activity helps students release pent-up energy, allowing them to refocus on academic tasks with renewed attention and clarity, which is essential for the rigorous study emphasized in classical education.



#### INCREASED RETENTION

Integrating short movement breaks into the curriculum can enhance memory retention and recall, as it promotes active learning and engagement with the material, a cornerstone of classical education.



#### IMPROVED BEHAVIOR

Breaks can serve as effective tools for managing classroom behavior by providing an outlet for excess energy, reducing disruptive behaviors, and fostering a positive and disciplined learning environment.



#### SOCIAL DEVELOPMENT

Short activity breaks offer opportunities for students to interact with peers in a structured yet informal setting, promoting teamwork, cooperation, and social growth—all of which are valued in classical education for their role in character formation.



#### PHYSICAL HEALTH

Encouraging movement promotes physical health and wellbeing, contributing to the holistic development of students—a value deeply ingrained in classical education philosophy, which emphasizes the harmony between mind and body.

## RESEARCHERS HAVE FOUND

**99%**

of students were  
on-task within  
**30 seconds**  
of completing an  
activity break.

Short movement breaks can lead to a  
**25% decrease in disruptive behaviors.**

Short movement breaks can improve children's  
**CONCENTRATION BY UP TO 20%.**

UP TO  
**25%**

decreased stress levels in  
students who participate in  
movement breaks.

Those who participate  
in short movement  
breaks **score up to  
10% better** on tests  
than those who do not.

Students engaging in  
**MORE THAN 10 MINUTES**

of aggregate short  
activity breaks showed a  
**15% improvement** in  
memory recall tasks.