

Ergonomics

Students in all countries of Europe have to sit all day long. It is statistically verified that many of them have dorsal pain or even worse serious postural deformity even in a young age. We as schools have the responsibility to care about our kids, not only for their education. To help to avoid back problems and to strengthen the back muscles we developed a program which has four pillars. The guideline for all of them is: More movement - less sitting.

1. In our school curriculum we have many opportunities for the students to move. They have p.e. lessons, they have possibilities for doing sports in extracurricular lessons or in their breaks. Our school has different facilities e.g. gym, swimming pool, several sports fields, fitness center etc. which students can use in their free time.
2. We have special sports days and competitions for every age-group. ("Sports and Game-Day", "Health and Fitness-Day", ski-excursions, canoe-excursions, swimming-competition, athletics-competition, excursion to a "high ropes course", ...)
3. The third category of movement is to move within your regular lessons, inside your classroom. We call them "moving occasions". Examples for moving occasions are:
 - You are not distributing your worksheets to the student but everyone fetch one him- or herself at your desk.
 - Don't dictate your things but print them, hang them on the wall, let the student go over there memorize some sentences, go back to their desk write it down and so on.
 - If they have to find out some information from a text, don't print for everybody, just some, hang them on the wall, they go there, find the answer go back to the desk, write it down.
 - In mathematics: let the students "built" the different angles with their arms.
 - In history: let the students stand on a time bar, being different historical events.
 - Students can read out their answers standing.
 - Order that students read out poems, songs, presentation with some movement.
 - Teaching methods which already imply some movement e.g. group work, learning at different stations, role playing.
 - Allow students to move in your lesson e.g. going to the waste basket
 - Give student some teachers activities e.g. let them distribute the worksheets, let them deal with the electronic media, let them write down their results at the board, ...
 - Let the students try different postures while sitting
4. During the European week we have a sports day. On that day every participant has to take part in different workshops. In one theoretical workshop they learn about the importance of movement and sport for their life and their health. And they learn how the muscles work together, how they could cause back problems and how we could avoid this (very easily). In the practical workshops they could practice the things they learned before:
 - introduction into the fitness center, how they could strengthen their backs with the machines
 - lesson of "drums alive"

- lesson of "step aerobics"
- lesson with "flexi bar"
- circuit training

These four columns of our sports program are fixed in our school curriculum and make sure that every student has the best support possible to become a healthy person.