Promotion of movement in schools in times of Corona

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December 3rd 2020
EU-OSHA and ENETOSH Online-Seminar „BETTER SCHOOLS BY PROMOTING MUSCULOSKELETAL HEALTH“
How to promote physical activity in schools in times of the COVID-19 pandemic?
How to promote physical activity in schools in times of the COVID-19 pandemic?

What are the regulations?

What can I realize?
What’s possible?

This is how I will do it!
Example of an elementary school

I. Timetables for daily exercise

II. Physical activity break at school

https://wordpress.nibis.de/gsamlindhof

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## Timetables for daily exercise

<table>
<thead>
<tr>
<th>Weekday/ Date</th>
<th>Topic / Timeframe</th>
<th>Links / Informationen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, May 11th</td>
<td>Daily PE Class from ALBA Berlin Basketball Club – „Balance“</td>
<td><a href="https://www.youtube.com/watch?v=ILXZeyRfAwo">https://www.youtube.com/watch?v=ILXZeyRfAwo</a></td>
</tr>
<tr>
<td>Tuesday, May 12th</td>
<td>Acrobatics for children - exercises for beginners</td>
<td><a href="https://www.youtube.com/watch?v=yspIM77fMms">https://www.youtube.com/watch?v=yspIM77fMms</a></td>
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<tr>
<td></td>
<td>Bullies stay at home - throwing and catching</td>
<td><a href="https://www.youtube.com/watch?v=Zi-6qjWuzM">https://www.youtube.com/watch?v=Zi-6qjWuzM</a></td>
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<td></td>
<td>For difficult tasks take a balloon!</td>
<td></td>
</tr>
<tr>
<td>Wednesday, May 13th</td>
<td>Workout on the playground 30 min + more</td>
<td><a href="https://www.youtube.com/watch?v=d4YyQnzlchA">https://www.youtube.com/watch?v=d4YyQnzlchA</a></td>
</tr>
<tr>
<td></td>
<td>You may return to the playground. Go to a playground with your parents and try out the exercises from the video. But of course you can and should also climb, hang, balance, swing, ... as you like it. Have fun!</td>
<td></td>
</tr>
<tr>
<td>Thursday, May 14th</td>
<td>Rope skipping - Basic Jump + Side Straddle</td>
<td><a href="https://www.skippinghearts.de/fuer-zuhause/home-training-1">https://www.skippinghearts.de/fuer-zuhause/home-training-1</a></td>
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<tr>
<td></td>
<td>Try out the two jumps &quot;Basic Jump&quot; and &quot;Side Straddle&quot; with your skipping rope. Then try to master the different challenges. If you don't have a skipping rope, maybe you and your parents can make one out of clothesline or other strings. If that doesn't work either, try the jumps and imitate the movements of the rope swing in the air.</td>
<td><a href="https://www.youtube.com/watch?v=CvHe8Z2eDlo">https://www.youtube.com/watch?v=CvHe8Z2eDlo</a></td>
</tr>
<tr>
<td>Friday, May 15th</td>
<td>Daily PE Class from ALBA Berlin Basketball Club – „Ice Hockey“</td>
<td><a href="https://www.youtube.com/watch?v=V7DqHLNk3Pk">https://www.youtube.com/watch?v=V7DqHLNk3Pk</a></td>
</tr>
</tbody>
</table>

Source: Sascha Bremsteller, Grundschule am Lindhof - GER
Physical activity break at school

Movement offers in small fields - four-color square

Source: Sascha Bremsteller, Grundschule am Lindhof - GER
Physical activity break at school

Movement offers in small fields - stone wall roundel

Source: Sascha Bremsteller, Grundschule am Lindhof - GER
Physical activity break at school

Movement offers groupwise - chinese jumprope

Source: Sascha Bremsteller, Grundschule am Lindhof - GER
Further information

• Concept of the moving school ➔ **DGUV Information 202-101 „Bewegung und Lernen“**
• „MOVING SCHOOL“ Federal State of Lower Saxony ➔ **Bewegte Schule**
• Internet platform safe school ➔ **Sichere Schule**
• SARS-CoV-2 Standard of protection for schools ➔ **Schutzstandard Schule**
Thank you for your attention.

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