

## File S2. Teachers toolbox materials.

### “Number-cards”

Two-sided multifunctional cards with numbers from 1-100 on one side and pictures from six categories on the other side. Pictures are selected so that the cards are usable in multiple subjects and topics. Categories were animals, transportation, weather phenomena, professions, sports and everyday activities. The cards could be used for a quick activity break (imitating card pictures with movements or pantomime etc.) or in MI methods, using pictures and numbers integrated with movement and subject content.



### “Alphabet-cards”

Based on teacher feedback, the lack of ideas for brain break exercises and their insecurity in executing them during academic lessons, and based on our principles for creating the materials mentioned above, a second set of multifunctional materials were created. These cards show the Estonian alphabet consisting of 32 letters and eight punctuation marks on one side and four exercises on the other side of every card. These four exercises include various movements from the following categories: strength, endurance, balance and coordination. All exercises have been selected in collaboration with physical education teachers and a physiotherapist, keeping the principle ‘easy to practice’ in a classroom environment in mind. In addition, all the exercises are supported with brief explanations and images.



### “Bead cards”

Bead cards provide an opportunity for physically active learning at an individual level as well as in pair or group work in various subjects. It is a station-based method where everyone has a certain sequence for how to move between stations and complete assigned tasks. The bead card method is suitable for students of all ages. Larger cards can be used to attach tasks and spread around classroom or wherever the lesson is being conducted. Smaller cards with pearls are for the station system; the tasks must be completed following the colour order of the pearls, starting with the colour of the small card.



### “Alphabet poster”

The A2-sized poster illustrates the full Estonian alphabet with physically active tasks after every letter. When adding tasks to the poster, the principle of ‘easy to do’ in a classroom environment was kept in mind. At the beginning, the posters were only in Estonian, but later English, Russian, German and French alphabet versions were created to make this poster usable in language lessons. In addition, posters were created in both lowercase and capital letters for use in different grade levels.




# LIIKUMA KUTSUV KOOL

**A** HÜPPA 10 KORDA NII KÕRGELE, KUI SUUDAD.

**B** ASTU KÜLG EES 20 SAMMU NING HÜPPA KÜLG EES TAGASI.

**C** HÜPPA PAREMAL JALAL 10 KORDA.

**D** JOOKSE LÄHIMA UKSE JUURDE NING TAGASI.

**E** PANE KOOLIKOTT SELGA NING MATKA KLASSIS RINGI NII, ET KÕNNID LÄBI KÕIK PINKIDE VAHEKÄIGUD.

**F** PUUDUTA VÕIMALIKULT KIIRESTI KÕIKI KLASSIS OLEVAD ROHELISI ASJU.

**G** HÜPPA 10 KORDA ÕIKU VIES KÄED JA JALAD VÕIMALIKULT LAIALI.

**H** PUUDUTA VÕIMALIKULT KIIRESTI KÕIKI KLASSIS OLEVAD KOLLASEID ASJU.

**I** SEISA PAREMAL JALAL, SULGE SILMAD NING LOE AEGLASELT TONI.

**J** SEISA VASAKUL JALAL, SULGE SILMAD NING LOE AEGLASELT TONI.

**K** TEE 12 MARSSISAMMU VABALT VALITUD SUUNAS. TULE SELG EES MARSSIDES TAGASI.

**L** HÜPPA NÄHTAMATU HÜPPENÕORIGA 20 HÜPET.

**M** TEE 10 KÕKKI NII KIIRESTI, KUI SUUDAD, MINNES VÕIMALIKULT MADALALE.

**N** VALI LAUD NING POE SELLE ALT VÕIMALIKULT KIIRESTI LÄBI.

**O** KÕNNI SELG EES 7 PIKKA SAMMU NING SÕRGI TAGASI.

**P** LIIGU GALOPP-SAMMUGA ESMALT ÕPETAJA LAUA JUURDE, SEEJÄREL OMA PINGI JUURDE, SIIS UKSE JUURDE NING TAAS POSTRI JUURDE TAGASI.

**Q** PÜÜA TÕSTA VARVASTE ABIGA MAAS OLEVAT PLIIATSIT. MÕLENA JALAGA 3 KATSETUST.

**R** PUUDUTA VÕIMALIKULT KAUGEL ASUVAT 5 LAUDA JA 4 TOOLI.

**S** PAINUTA ETTE NING PUUDUTA VARBAID 12 KORDA.

**T** ISTU KORRAKS VÄHEMALT 6 ERINEVA TOOLI PEALE NING LIIGU OMA LAUA JUURDE TAGASI.

**U** LIIGU VÕIMALIKULT KIIRELT OMA KOHALE, ISTU KORRAKS TOOLILE NING LIIGU POSTRI JUURDE TAGASI.

**V** ÕRITA TAHA KALLUTADES 5 KORDA ÄRA PUUDUTADA OMA MÕLEMAD KANNAD.

**W** PUUDUTA SINIST KÕIGE KAUGEMAL ASUVAT SEINA JA TULE KIIRESTI TAGASI.

**X** PANE ÕPIK PEÄ PEALE NING KÕNNI 8 SAMMU NÄGU EES NING 8 SAMMU SELG EES. ÄRA KÄTEGA ÕPIKUST KINNI HOIA!

**Y** KORDA EELMISE TÄHE JUURES TEKSTUD TEGEVUST.

**Z** LIIGU VABALT VALITUD SUUNAS 10 SAMMU PÄKKADEL NING 10 SAMMU KANDADEL.

**Ä** TEE 10 VÕIMALIKULT SUURT KÄTERINGI.

**Ö** HÜPPA VASAKUL JALAL 10 KORDA.

**Ü** JOOKSE KÕIGE KAUGEMA AKNANI NING TAGASI.

**Ë** HÜPLE ÕHE KOHA PEAL NING TEE SELJA TAGA 8 KÄTEPLAKSU.



**Ü** KEERUTA 5 TIRU ÜMBER ENDA.

**Y** KÕNNI PÕLVI VÕIMALIKULT KÕRGELE TÕSTES 10 SAMMU NING KÕNNI RAHULIKULT SELG EES TAGASI.







# LIIKUMA KUTSUV KOOL

**A** Jump as high as you can 10 times.

**B** Step to the side 20 times and jump back sideways.

**C** Jump on your right leg 10 times.

**D** Run to the closest door and back.

**E** Put on your backpack and hike around the classroom. Make sure that you walk through every aisle.

**F** Touch every green object in the classroom as quickly as you can.

**G** Jump in the air 10 times and spread out your arms and legs as wide as you can.

**H** Touch every yellow object in the classroom as quickly as you can.

**I** Stand on your right leg, close your eyes, and slowly count to 10.

**J** Stand on your left leg, close your eyes, and slowly count to 10.

**K** March 12 steps in the direction of your choosing. Return marching backwards.

**L** Jump with an invisible jump rope 20 times.

**M** Squat as quickly as you can 10 times and go as low as you can.

**N** Choose a desk and crawl under it as quickly as you can.

**O** Take 7 long steps backwards and jog back.

**P** First gallop to the teacher's desk, then to your desk, then to the door, and then gallop back to the poster.

**Q** Try to lift a pencil from the floor with your toes. You can try 3 times with each foot.

**R** Touch 5 of the furthest desks and 4 of the furthest chairs.

**S** Lean forward and touch your toes 12 times.

**T** Touch the wall that is furthest from you and then run back quickly.

**U** Put a textbook on your head and walk 8 steps forwards and 8 steps backwards. Do not hold the textbook with your hands!

**V** Repeat the activity you did at the last letter.

**W** Walk 10 steps on your tiptoes in a direction of your choosing and 10 steps on your heels.

**X** Spin around 5 times.

**Y** Step 10 times while raising your knees as high as you can and slowly return backwards.

**Z** Go to your seat as quickly as you can, sit down for a second, and then go back to the poster.

