

## Learning and moving in an “active school” (Project school Hannover, Germany)

illustrations of holistic education and human development  
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The commonly held opinion that movement detracts from attention and concentration is no longer valid. Movement is beneficial, even while sitting. So we do need “ergo-dynamic” solutions and teaching methods which encourage students for a temporary movement rather than restrict them. The human body, especially those of growing children, requires a steady flow of blood and oxygen and nutrients that it brings. Movement and dynamic body behaviours are fundamental to this process, which is why a static body posture should not be maintained over a long period of time.



Rhythmical body behaviours like sitting on a chair with rocking mechanism, temporary standing, active breaks and active learning) have a special effect of

- a regular change in the spinal column’s wave patterns,
- a permanent supply of the intervertebral disc with nutrients,
- a stimulation of the complex back muscles,
- mobilising the more than 100 vertebrae in the spine,
- an optimisation of the blood circulation and thus the oxygen supply,
- maintaining the metabolism in the brain and thus attentiveness and concentration.



Children from today spend significantly more time sitting than they did 20 years ago and we know they are less active. Therefore they need movement while they are sitting. Dynamic sitting on a chair with rocking mechanism effects cognitive abilities and performances. We recommend

- height adjustable desks and chairs working together to support dynamic movement
- chairs which absorb the student's need to move
- chairs which support the student during his various activities

We recommend (during the school day)

- 50% sitting (dynamic sitting)
- 25% standing at a stand at desk
- 25% walking around (school yard activities, active breaks and active learning)

