

# Active breaks in primary schools


Integrating **daily exercise sessions** during lessons in school.

## Presentation of the context

The lack of exercise in primary schools in Graz is blatant, as no dedicated sports teachers are employed for physical education. For various reasons (age, illness, lack of interest, etc.), the class teacher does not provide suitable physical education in many primary school classes. The idea is to compensate through interventions and instruction by sports students with the program "Join in - exercise keeps you fit".


## How works the program?


The students go to the elementary schools, with whom they arrange the appointments themselves, and lead the individual classes through the program "**Join in - exercise keeps you fit**". The idea is to motivate teachers to use the simple exercises (picture below).



### Learning program for more movement and fun in classroom

- An index card system with easy-to-implement exercises for dexterity, attention, strength, relaxation and mobility.
- Each exercise is briefly described and sketched out on its own index card. On the back you will find further information and tips for educators.
- The various tasks and exercises are divided into six subject areas. You can go through the areas or select and combine different exercises.
- With the included inflatable picture cube you can "roll the dice" for many exercise variations. The selection of index cards and dice offers lots of fun and training for the "active group".





## Goals

- **Improving motivation and concentration:** The children should be able to follow lessons with more motivation and concentration through repeated short active periods and ultimately improve their school performance as a result.
- Making the topic of "**active school**" **attractive**.

**Budget:** Approx. 15,000 annually

**Operating resources** provided by the accident insurance.

Contact: [Sports office](#) - city portal of the state capital Graz: [sportamt@stadt.graz.at](mailto:sportamt@stadt.graz.at)

Calendar with pictures of active breaks

# TÄGLICH FIT IM KLASSENZIMMER

Werde Teil der Sportstadt Graz  
[graz.at/sportamt](http://graz.at/sportamt)



2022				2023							
SEPTEMBER	OCTOBER	NOVEMBER	DEZEMBER	JANUAR	FEBRUAR	MÄRZ	APRIL	MAI	JUNI	JULI	
DATUM	ENHETEN	DATUM	ENHETEN	DATUM	ENHETEN	DATUM	ENHETEN	DATUM	ENHETEN	DATUM	ENHETEN
DO 1	SA 1	DI 1	Alten	DO 1	SO 1	MI 1	SA 1	MO 1	DO 1	SO 1	SA 1
FR 2	SO 2	MI 2	Alten	FR 2	MO 2	DO 2	SO 2	DI 2	FR 2	MO 2	DO 2
SA 3	MO 3	DO 3	Alten	SA 3	DI 3	FR 3	MO 3	MI 3	SA 3	MO 3	DO 3
SO 4	DI 4	FR 4		SO 4	MI 4	SA 4	DI 4	DO 4	SO 4	DI 4	FR 4
MO 5	MI 5	SA 5		MO 5	DO 5	SO 5	MI 5	FR 5	MO 5	DO 5	SO 5
DI 6	DO 6	SO 6		DI 6	FR 6	MO 6	DI 6	SA 6	DI 6	FR 6	MO 6
MI 7	FR 7	MO 7		MI 7	SA 7	DI 7	MI 7	FR 7	MO 7	DO 7	SO 7
DO 8	SA 8	DI 8		DO 8	MI 8	FR 8	SA 8	MO 8	DO 8	SO 8	DI 8
FR 9	SO 9	MI 9		FR 9	DO 9	SO 9	DI 9	FR 9	MO 9	DO 9	SO 9
SA 10	MO 10	DO 10		SA 10	MI 10	SA 10	MI 10	DO 10	SO 10	DI 10	FR 10
SO 11	DI 11	FR 11		SO 11	MI 11	SA 11	DI 11	DO 11	SO 11	DI 11	FR 11
MO 12	MI 12	SA 12		MO 12	DO 12	SO 12	MI 12	FR 12	MO 12	DO 12	SO 12
DI 13	DO 13	SO 13		DI 13	FR 13	MO 13	DI 13	SA 13	DI 13	FR 13	MO 13
MI 14	FR 14	MO 14		MI 14	SA 14	DI 14	MI 14	FR 14	MO 14	DO 14	SO 14
DO 15	SA 15	DI 15		DO 15	MI 15	SA 15	DI 15	MO 15	DO 15	SO 15	DI 15
FR 16	SO 16	MI 16		FR 16	DO 16	SO 16	MI 16	FR 16	MO 16	DO 16	SO 16
SA 17	MO 17	DO 17		SA 17	MI 17	SA 17	DI 17	MO 17	DO 17	SO 17	DI 17
SO 18	DI 18	FR 18		SO 18	MI 18	SA 18	DI 18	DO 18	SO 18	DI 18	FR 18
MO 19	MI 19	SA 19		MO 19	DO 19	SO 19	MI 19	FR 19	MO 19	DO 19	SO 19
DI 20	DO 20	SO 20		DI 20	FR 20	MO 20	DI 20	SA 20	DI 20	FR 20	MO 20
MI 21	FR 21	MO 21		MI 21	SA 21	DI 21	MI 21	FR 21	MO 21	DO 21	SO 21
DO 22	SA 22	DI 22		DO 22	MI 22	SA 22	DI 22	MO 22	DO 22	SO 22	DI 22
FR 23	SO 23	MI 23		FR 23	DO 23	SO 23	MI 23	FR 23	MO 23	DO 23	SO 23
SA 24	MO 24	DO 24		SA 24	MI 24	SA 24	DI 24	MO 24	DO 24	SO 24	DI 24
SO 25	DI 25	FR 25		SO 25	MI 25	SA 25	DI 25	DO 25	SO 25	DI 25	FR 25
MO 26	MI 26	SA 26		MO 26	DO 26	SO 26	MI 26	FR 26	MO 26	DO 26	SO 26
DI 27	DO 27	SO 27		DI 27	FR 27	MO 27	DI 27	SA 27	DI 27	FR 27	MO 27
MI 28	FR 28	MO 28		MI 28	SA 28	DI 28	MI 28	FR 28	MO 28	DO 28	SO 28
DO 29	SA 29	DI 29		DO 29	MI 29	SA 29	DI 29	MO 29	DO 29	SO 29	DI 29
FR 30	SO 30	MI 30		FR 30	DO 30	SO 30	MI 30	FR 30	MO 30	DO 30	SO 30
	MO 31	DO 31			MI 31	SA 31	DI 31				

SCHULSPORTVERANSTALTUNGEN 2022/2023

**OLIO JUNIOR MARATHON**  
(10km, 15km oder 30km)  
Freitag, 8. Oktober 2022, Start 15 Uhr

**10. GRAZER LAUFCUP FÜR SCHULEN UND VEREINE**  
1. 10km Lauf (Donnerstag, 20. April 2023)  
2. 10km Lauf (Donnerstag, 20. April 2023)  
3. 10km Lauf (Donnerstag, 19. Juli 2023)

**Start:**  
1. 10km: Stadion der EWS (15 Uhr)  
2. 10km: Stadion der EWS (15 Uhr)  
3. 10km: Stadion der EWS (15 Uhr)  
Alle anderen Schulen sind willkommen (16. u. 17. Uhr)

Stadt Graz | Sportamt | In der Inzersdorf 1, 8011 Graz | Tel.: 0316 672-7878 | [sportamt@stadt.graz.at](mailto:sportamt@stadt.graz.at) | [graz.at/sportamt](http://graz.at/sportamt)

WIR SIND FIT UND WOLLEN GEWINNEN!

**SCHULE**  
.....  
**KLASSE**  
.....  
Soll die tägliche Bewegungszeit und -menge durch aktive Bewegungszeiten (z.B. in der Pausenzeit) im Rahmen der Schulpflichterfüllung im Schulhof, im Sportplatz und auf dem Schulgelände (z.B. im Schulhof) erreicht werden?  
Ja/Nein  
Soll die tägliche Bewegungszeit und -menge durch aktive Bewegungszeiten (z.B. in der Pausenzeit) im Rahmen der Schulpflichterfüllung im Schulhof, im Sportplatz und auf dem Schulgelände (z.B. im Schulhof) erreicht werden?  
Ja/Nein



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