TALLIN, ESTONIA
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‘EMPOWERING THE TEACHER OF TOMORROW’

Improve learning by moving

Neda Mutabdzija
Michiel de Bruijn
NEDA AND MICHIEL
- Our goals are:
1. To point out the importance of a good balance between learning and moving
2. To reflect on your own balance of being active/inactive
3. To explain why Moofy could empower teachers, but also the pupils of tomorrow
4. To have a fun and dynamic session
QUIZ TIME

- What do you know about sports and healthy lifestyle?

- You have to use your mobile phone

- Dial 00316; the other numbers will follow
Question no. 1

What’s better for your mental health?

a) Sleeping on a side (type 4)

b) Sleeping on your back (type 5)
Question no. 2

Natural light at your office provides better sleep.

a) No, that is not true (press 6)
b) Yes, that is true (press 5)
QUIZ TIME

Question no. 3

Avocado improves your ability to concentrate.

a) Yes, that is true (press 7)
b) No, that is not true (press 3)
c) I do not know what an avocado actually is (press 4)
Question no. 4

Chewing lowers your energy level.
a) Yes, that is true (press 2)
b) No, that is not true, it improves your energy level (press 5)
QUIZ TIME

Question no. 5

Enjoying your work is a buffer for you stress.
a) Yes, that is true (press 6)
b) No, that is not true (press 7)
c) I am too stressed to answer (do not press anything, please)
Question no. 6

Adults are able to listen carefully and be concentrated for 45 minutes max.

a) That is not true (press 6)
b) I think it is the truth (press 1)
c) I have no idea, I refuse to give or get feedback (press 4)
Question no. 7

Appreciation and trust are in the top 3 of essential aspects of enjoying your work.

a) That is true (press 6)
b) It is important but less important than pointed out here (press 1)
Question no. 8

Research shows that lack of relaxation at work is of a big influence on your productivity.

a) No, I do not believe it (press 8)
b) Yes, that is certainly true (press 3)
THE STORY OF TWO BOYS

Michiel 1983  Gijs 2016
RESEARCH

- Scientific facts and studies in the Netherlands.
- How intense do you have to move, before it generates effects?
- The difficulty to include moving in existing methods.
- Besides the positive effects on results and concentration skills, we are focusing on a more fun and active day at school.
- Social aspects of moving together in the classroom.
RELEVANCE AND IMPORTANCE

- It’s fun to do Moofy with the entire class
- Connection between learning and moving
- Better balance between concentration and relaxation
- Improves concentration, improves results
- Connection of cognitive, physical and neurological development
- ‘Passend onderwijs’ (inclusive schools) was introduced
- Possibility to let every single child move structurally and to release their energy by moving in the classroom
- Moofy gives the teacher an instrument to let the children discharge
- Usable without any preparation
- Our mission is…… ‘Improve learning by moving’
YOUR EXPERIENCE

1. How do you grade the importance of combining learning and moving in general?

2. How is the balance between learning and moving at your own school/working environment?

3. How are you finding balance in daily working life yourself?

Please, discuss it with your neighbour first.
LET’S GO FOR IT!

How did everything develop:

- From idea to social relevance
- Research and testing
- Winning two prices
- Partnerships to improve our idea
- Building our company
- Current status
EXPERIENCE MOOFY

The best way to experience what Moofy feels and look like, is to do it.

Let’s Moofy:
www.moofy.nl
MOOFY

Presenting our website

Start moving without any preparation

Added value both for teachers and children

Teachers can decide how many times during the day they will play movies depending on the needs of the class

Every Moofy is 3 minutes, including cooling down

New Moofy’s at the website every month, based on different sports, themes, movements and locations

Energetic, fun, refreshing and challenging
IN THE CLASSROOM

- Arnaud Donker: video of his class doing Moofy
- Why will the teacher be empowered by using Moofy?
OUR MISSION IS....

- We want every child to have a fun and active day at school
- We want to create a better balance between sitting and moving
- We want to give the teachers an instrument to let the children discharge
- We want children to have the possibility to move structurally in the classroom
- We want to stimulate moving as a social activity with the entire class
- We want to give every child at primary schools the possibility to use Moofy
- We want to stimulate sports and healthy lifestyle
- We want rolemodels to stimulate children and teachers to move during the school day
- We want teachers to create a good balance between concentration and relaxation
- We want to stimulate teachers to integrate Moofy and spread the why
- We want teachers and teams to reflect on their own balance between being active/inactive
QUESTIONS

- Questions?
- Thank you!
WE INVITE YOU TO USE OUR PASSION, HARD WORK, EXPERIENCE AND ENTHUSIASM!

THANK YOU AND KEEP ON MOVING!

www.moofy.nl