

Play to Learn More

Iceland 
Liechtenstein
Norway grants

Materiały ze szkolenia

**„Zagraj aby dowiedzieć się więcej.
Alternatywne metody edukacji formalnej
i nieformalnej w oparciu o ruch i zabawę.
Intensywne szkolenie dla nauczycieli.”**

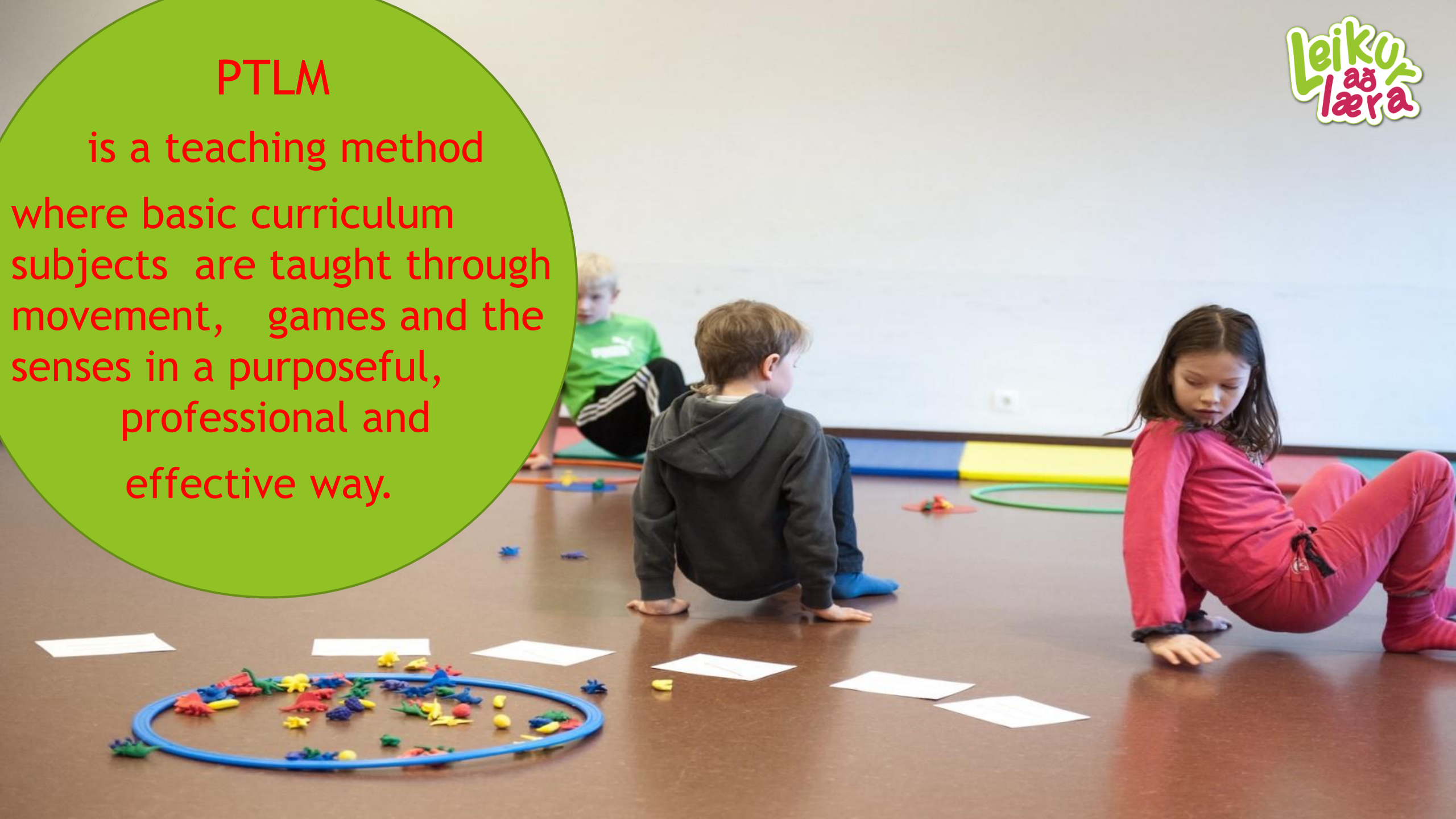
Projekt „Zagraj, aby dowiedzieć się więcej - Alternatywne metody edukacji formalnej i nieformalnej w oparciu o ruch i zabawę. Intensywne szkolenie dla nauczycieli” korzysta z dofinansowania o wartości 25 160 EUR otrzymanego od Islandii, Liechtensteinu i Norwegii w ramach Funduszy EOG. Celem projektu „Zagraj, aby dowiedzieć się więcej - Alternatywne metody edukacji formalnej i nieformalnej w oparciu o ruch i zabawę. Intensywne szkolenie dla nauczycieli” jest poszerzenie warsztatu dydaktycznego nauczycieli o nowe, alternatywne formy edukacji formalnej i nieformalnej.



Kristín Einarsdóttir
PE- and primary teacher.

PTLM

is a teaching method where basic curriculum subjects are taught through movement, games and the senses in a purposeful, professional and effective way.



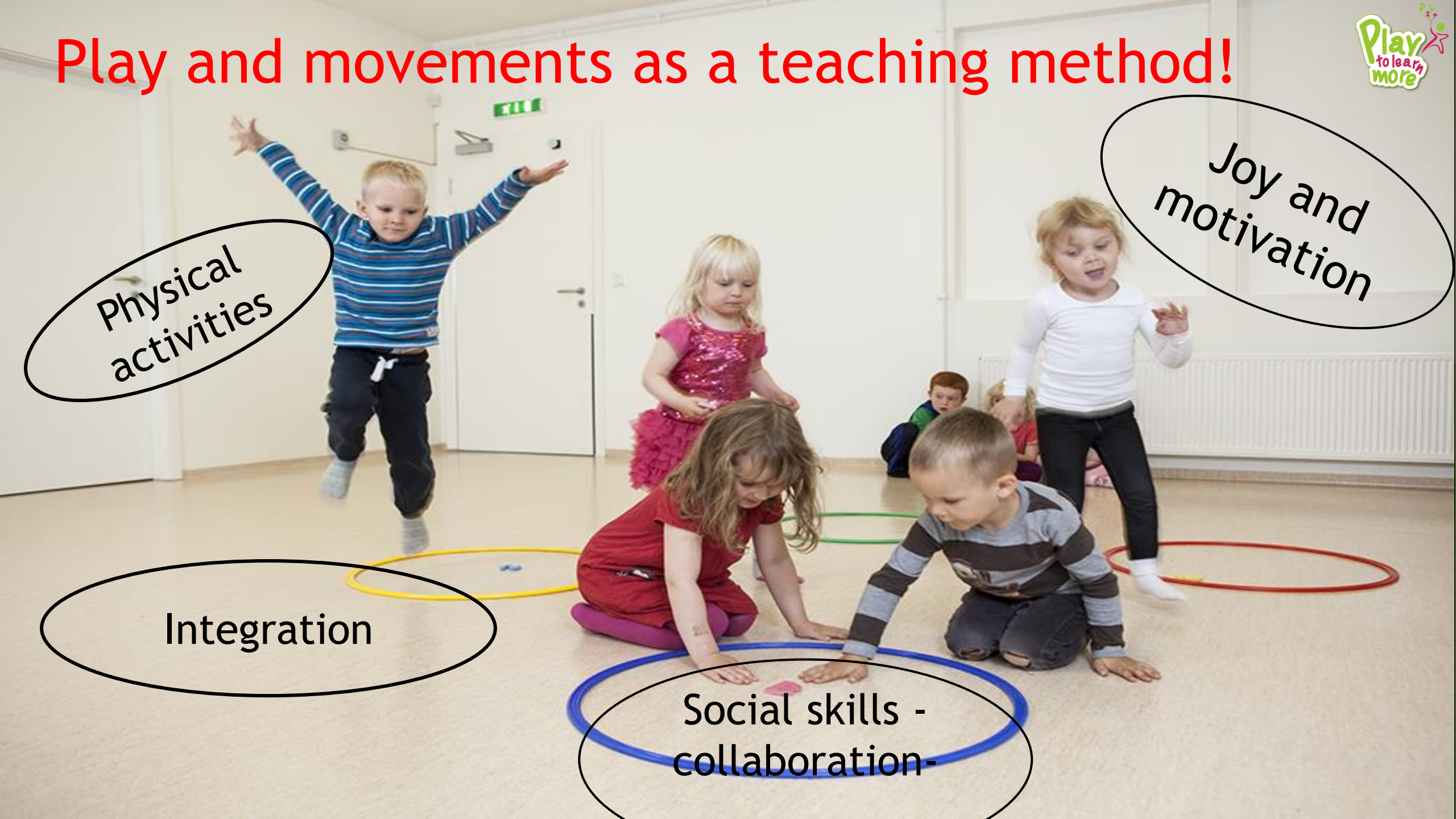
Play and movements as a teaching method!

Physical activities

Joy and motivation

Integration

Social skills - collaboration-



What is Play To Learn More?



Movements
and activities

+



Learning
objectives.
What are you
going to teach?

Setting objectives

The objectives can be academic, social, emotional or physical.

Academic objectives	Social and emotional objectives	Physical objectives
Colors	Listen	Coordination
Numbers	Follow auditory instructions	Strength
Forms	Follow visual instructions	Balance
Letters and sounds	Sharing	Stamina
Writing	Patience	
Reading	Respect	
Rhyme	Take turns	
Adding		

Different age - different needs

- ▶ 2 - 3 years old = TODDLERS
- ▶ 3 - 6 years old = PRE-SCHOOLERS
- ▶ **5 - 10 years old = GRADE-SCHOOLERS**

Activities - categories

- a) Introduction activities.
- b) Warming up - Teacher led group activities.
- c) Main activity - Move to the middle
- d) Main activity - Station work and Obstacle courses
- e) Main activity - Classroom activities for grade schoolers 5 – 8 years old
- f) Main activity – Toddlers activity 2 – 3 years old.
- g) Relaxation - mindful activities.
- h) Relaxation - carpet time and simple activities. (bingo, quiz – mindful. Inspired by leiðsagnarnám.)
- i) Outdoor activities. (Lesskilningur, orðasúpa)



All PTLM games and activities can be played as individual games whenever or can be structured the PTLM way!

Simple activity

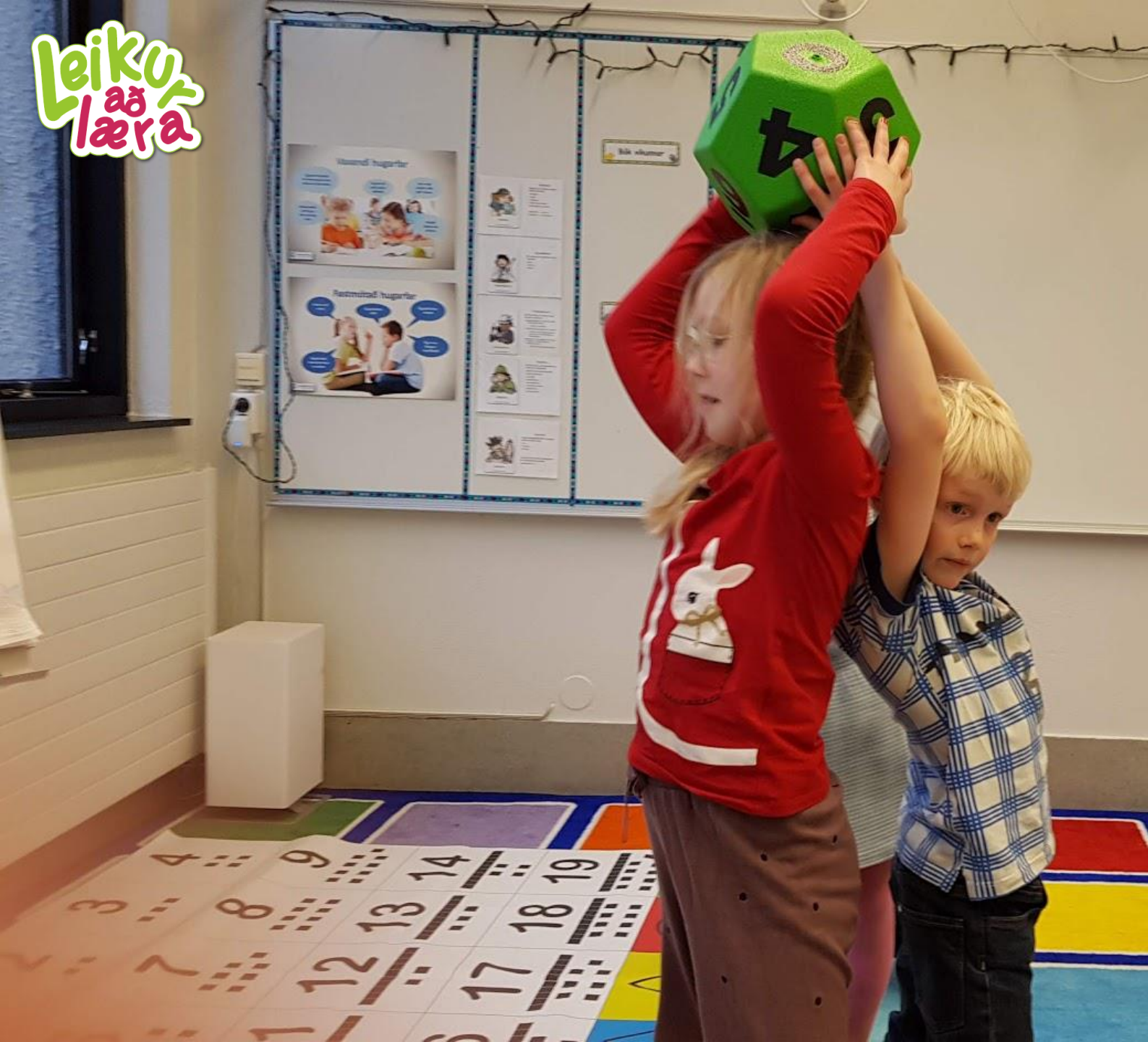
1,2, open!! Rock, paper, scissors!



Leikko

lää
läerä





LET'S PLAY!

The **PLAY** and
the **MOVEMENT**
is the way to the
objective!

We do all have different learning styles!

See it

it



Visual

Say it

Auditory



Do it

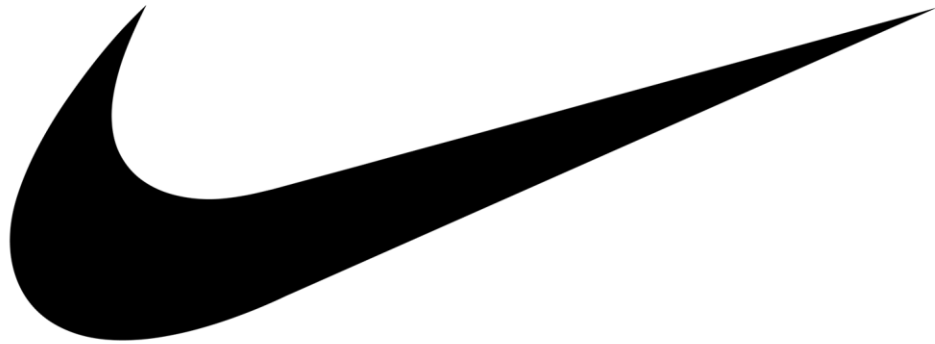
Kinesthetic



Play To Learn More - the theory

- ▶ Motion is a natural state for humans.
- ▶ All sensory motor perception enhances the retention of knowledge.
- ▶ As well as retaining new knowledge and skills the act of movement further enables easier recall of those skills.
- ▶ The longterm effect that comes from sensory motor perception helps to „awake“ synapses that are in the brain and create new ones. (Bransford, Brown and Cocking, 2000).

Play To Learn More is like...



JUST DO IT.

keep it
simple



Teachers wellness

Leiku að læra

Hlúðu að eigin heilsu! ❤️

Ljón skiptir máli!

Gripstu tveðfærni!

www.leikuradlaera.is

Simple, simple, simple activities!

GAMES THAT ARE EASY TO START WITH!

- Throw a dice... a group game!
- Throw a dice, move and pick a number ... individual game!



Structure of a lesson for 5 - 10+ year old

Duration 40 - 60 minutes

- ▶ Introduction
 - ▶ Name call
 - ▶ Revision - review
 - ▶ Meditation

- ▶ Main activity
 - ▶ Move to the middle
 - ▶ Station and obstacle course work
 - ▶ Classroom activities for grade schoolers

- ▶ Relaxation
 - ▶ Bingo - revision
 - ▶ Simple activities

ON THE CARPET!

SIMPLE GAMES

SCHOOLYARD



IN THE WOODS!

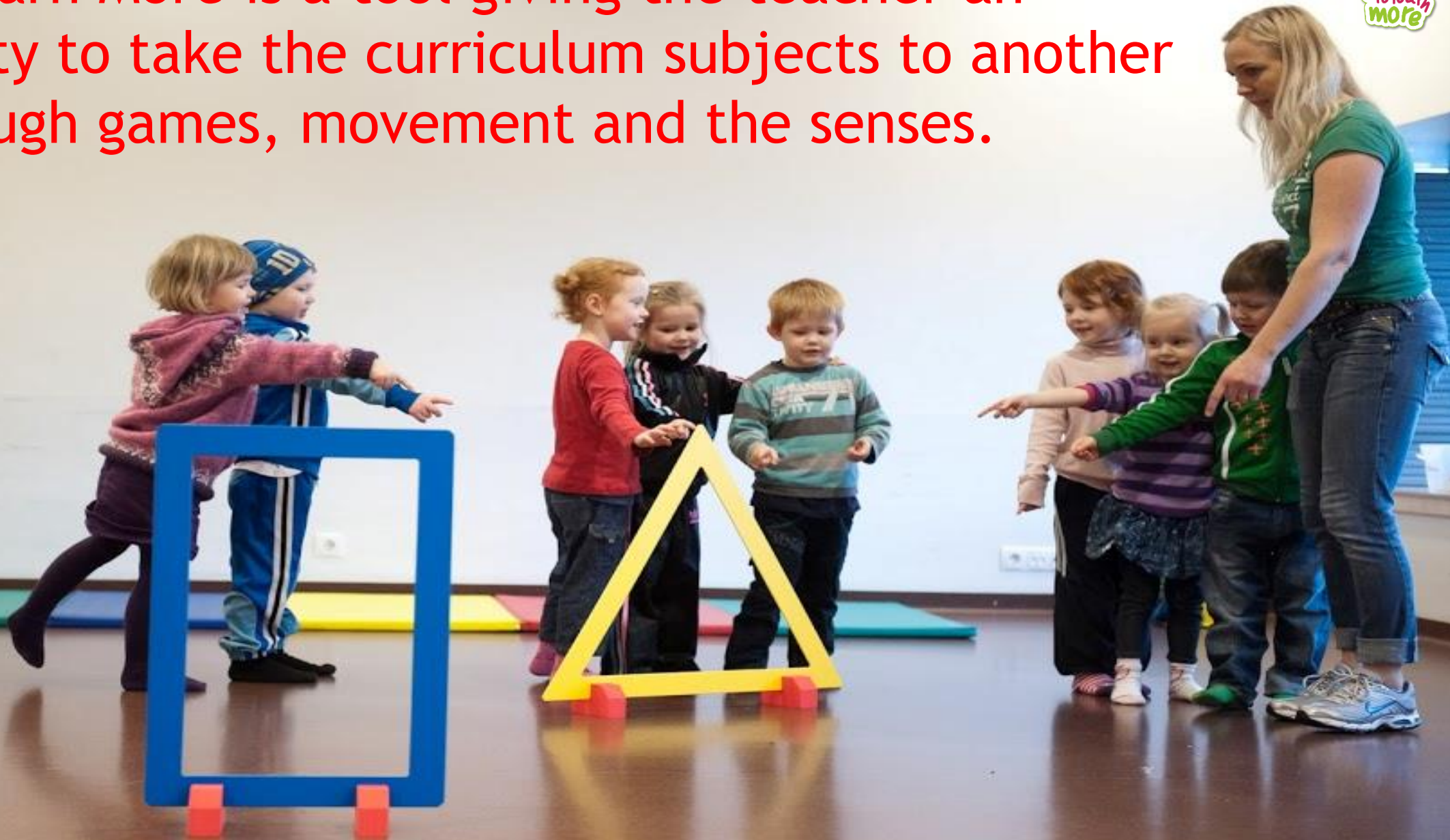
STRUCTURE OF A CLASS

IN THE CLASSROOM

SPECIAL NEEDS
CHILDREN

*If there is a will
there is a way!!*

Play To Learn More is a tool giving the teacher an opportunity to take the curriculum subjects to another level through games, movement and the senses.



To teach a subject rather than a book!
To teach concepts rather than a page!



Where is the focus?





MAKE A GOOD PARTY!!

Leiko
ää
lära



Movements...



- Good for kinaesthetic learners
- Wellbeing
- Reduces anxiety
- Left/right

Different movements

Stationary movements



Travel modes



Balance



Coordination

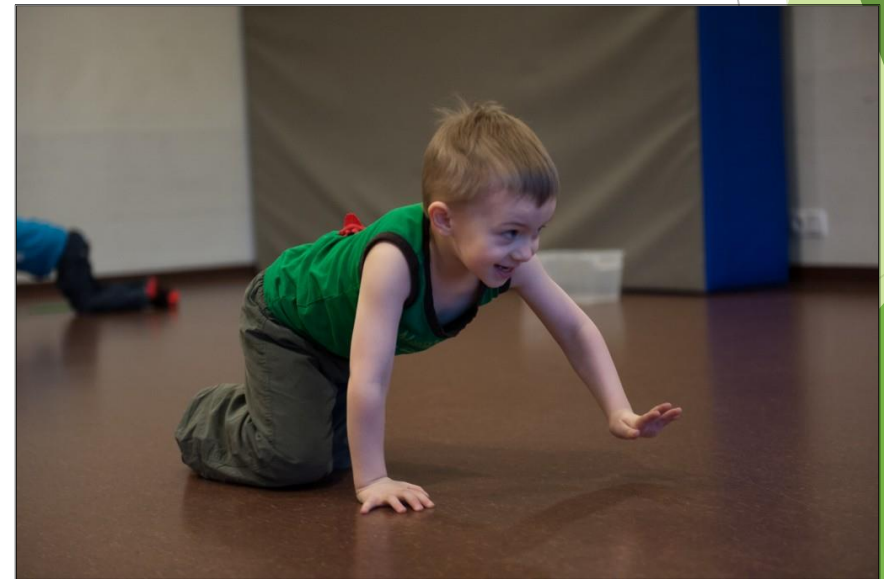


Strength



Travel modes

- ▶ Vary the travel modes to exercise coordination strength, stamina(endurance), balance etc.





Equipment

- Equipment that children are not using in a free “play”.
- No “must”
- Hoola hoops can be very useful😊



What to consider when teaching PTLM

- The disruptive child
- The weather
- Small children
- Games with equipment



When choosing a game? Good to have in mind?

- ▶ Time
- ▶ Space - inside, outside
- ▶ Number of students
- ▶ Age



PRACTICE TEACHING NEEDS PRACTICE PLANNING!

Play
to learn
more



Use different
travel modes!



Stationary work!





Obstacle course



MOVE TO THE MIDDLE



Move to the middle

- ▶ The teaching material is always in the middle
- ▶ The children are in a circle or two lines. All of them in equal distance from the teaching material.
- ▶ The first one in line moves to the middle and gets teaching material as the instructions says! When he/she comes back next one moves to the middle!

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Use different
travel modes!



Move to the middle

- ▶ Can be played in groups of 1 to 4 children
 - ▶ Trains social skills
 - ▶ Easy to differentiate
 - ▶ Use different travel modes
-
- ▶ When it is played with one child in hoop, it is an „individual game“

MOVE TO THE MIDDLE - the toddlers!

- ▶ MTTMiddle - collect our letters!
- ▶ MTTMiddle - collect our photos
- ▶ MTTMiddle - collect colors
- ▶ MTTMIDDLE - shapes!

▶