

# The Class Moves!®

*The Class Moves!*® programme helps primary school children and teachers to discover the pleasures and benefits of movement and relaxation. Teachers believe that participation also helps children to work and concentrate better.

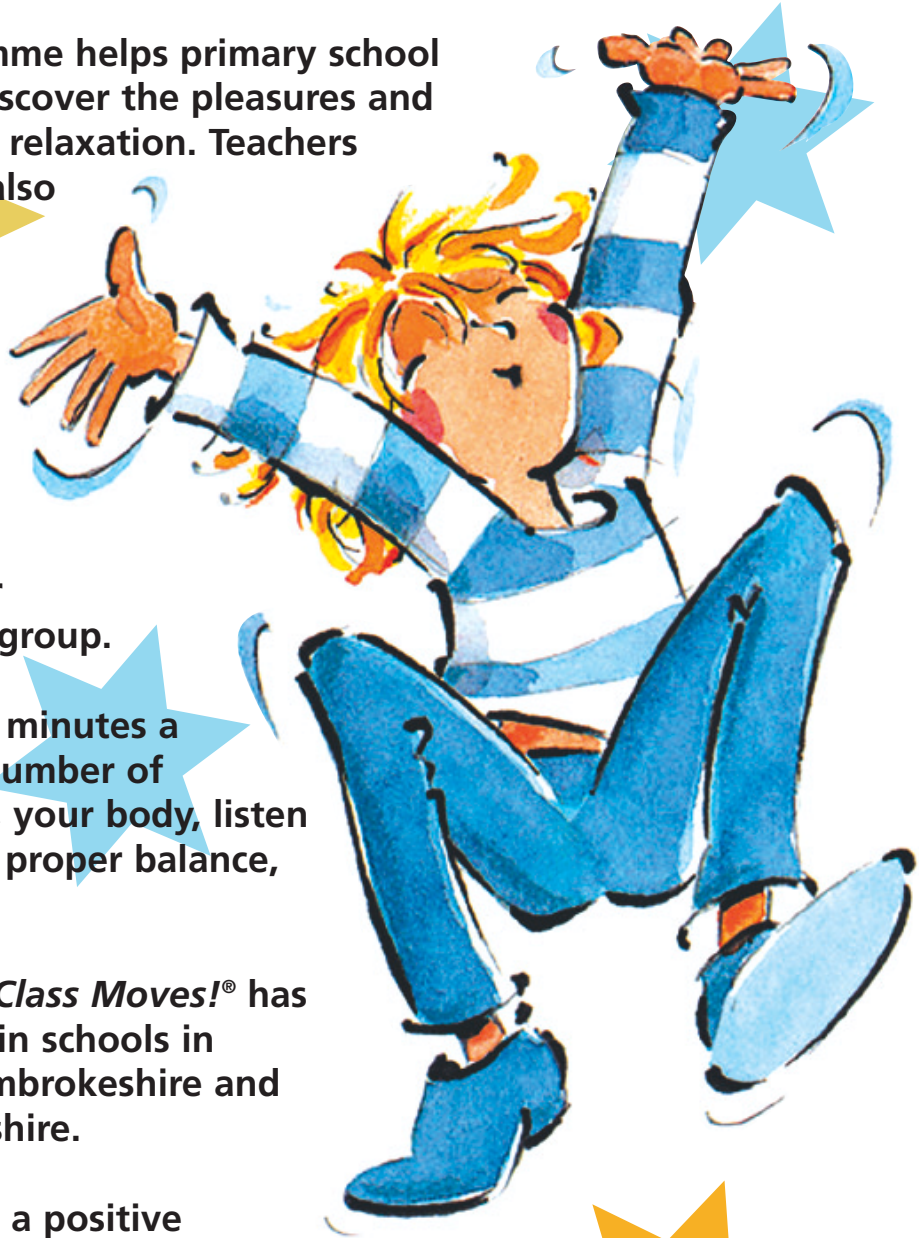
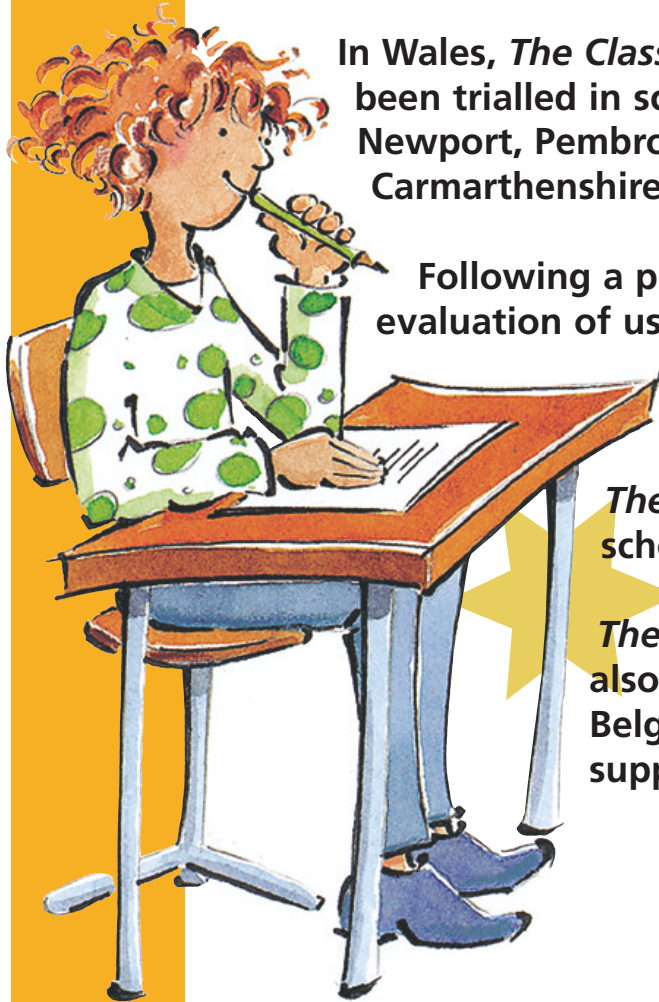
Developed and used widely in the Netherlands, *The Class Moves!*® consists of a set of illustrated activity calendars and accompanying manuals for every primary school year group.

The activities take about 5 minutes a day. They are based on a number of themes, such as: emotions, your body, listen to me, breathing, stability, proper balance, and growth and training.

In Wales, *The Class Moves!*® has been trialled in schools in Newport, Pembrokeshire and Carmarthenshire.

Following a positive evaluation of use in Welsh and Scottish schools, the Welsh Assembly Government is now ready to provide *The Class Moves!*® materials to schools throughout Wales.

*The Class Moves!*® materials have also been tested in Scotland, Belgium and Germany with support from the EC.



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

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