

IMOVE

Learning about movement and maths in everyday life using step counters

Information to parents

For the next couple of weeks the class will participate in IMOVE which is a combined maths and health educational programme for Grade 5-6. The purpose is to develop the pupils' understanding of how movement is part of everyday life and their ability to use statistics.

The pupils will be wearing step counters during school hours for a week and register their step counts in Excel. After this the pupils will work with their step counts as statistical data material. They will reflect on their own movement patterns, the patterns of the class and the influence of the school day's structure.

IMOVE is developed by Steno Health Promotion Research in Denmark as a health educational approach in order to develop older children's ability to act on health in everyday life with a special focus on everyday movement. IMOVE has shown potential as a learning approach to health promotion combined with maths and therefore it is now distributed to a number of schools all over the country and a few places in Canada.

If you are interested in learning more about IMOVE you can see the materials on www.imove.zone. Here you can also write to us if you have questions. Of course you are also most welcome to ask your child's maths teacher.

Best regards

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