Ejercicios de estiramientos desde el escritorio

Introducción

En esta microactividad, aprenderá cómo hacer que sus estudiantes realicen estiramientos desde sus escritorios. Esta actividad está diseñada con el objetivo de que los estudiantes se sientan más activos y comprometidos, además les ayuda a superar la fatiga que supone pasar largos períodos frente a la pantalla del computador.

Esta técnica también se puede utilizar dentro del aula de clase, si considera que sus estudiantes han estado demasiado tiempo quietos o necesitan recargarse de energía.

Referencia de duración del seminario web: 23:54 – 25:07

Nivel: Cualquier edad o nivel

Duración: De 5 a 10 minutos.

Objetivo: Recargar de energía a los estudiantes

Preparation:

- Learn how to do some useful upper body stretches.

- Think about how to describe the stretches as you do them. Note: You can find some examples in the Additional resources section below.

Procedure:

- Tell your students it's time to do some exercises.

- Make sure they turn on their webcam if they are in a remote lesson.

- Ask them to sit back from their computer and do the same yourself.

- Tell the students to follow your instructions and copy the things you do.

- Talk your way through the exercises as you demonstrate them.

- Do 4 – 5 exercises.

- Ask the students if they would like to demonstrate an exercise and let one or two of the students lead.

Additional resources

Stretching exercises

- This article presents a collection of exercises that you can do in an office. You may wish to use some of these with this lesson.

  https://www.system-concepts.com/wp-content/uploads/2022/02/SCL_top_tips_stretching_2021.pdf

14 Office stretches that will make you feel better in seconds

- This article presents a collection of exercises that you can do in an office. You may wish to use some of these with this lesson.

  https://www.themuse.com/advice/14-office-stretches-that-will-make-you-feel-better-in-seconds

  The resources below give you more details about how you can develop your remote teaching skills.

Teaching pathways: Skills for remote teaching

- In this practical five-week course, you will develop the skills you need for remote teaching and reflect on how they relate to your learners' learning. You will learn about different approaches to remote teaching and consider what factors make the transition from the physical to online classroom successful.

https://www.teachingenglish.org.uk/article/teaching-pathways-skills-remote-teaching

Remote teaching tips

- This publication offers a range of practical tips and advice for remote teaching in all contexts.

https://www.teachingenglish.org.uk/article/remote-teaching-tips

Getting started with online teaching

- Many classes and school systems all over the world are taking steps to offer lessons online. However, stepping into the digital world overnight can be challenging for many teachers. This guide is useful for teachers and teacher educators who have little experience of online teaching and need some advice on where to start.

https://www.teachingenglish.org.uk/article/getting-started-online-teaching

Lesson planning for teaching live online

- While there are many similarities between face-to-face lessons and virtual lessons, there are a lot of differences too. Take a look at these ideas for structuring live online lessons.

https://www.teachingenglish.org.uk/article/lesson-planning-teaching-live-online

Total physical response – TPR

- This is an introduction to the teaching approach known as total physical response.

https://www.teachingenglish.org.uk/article/total-physical-response-tpr

Stirrers and settlers for the primary classroom

- In this article, Sue Clarke looks at teaching in the primary classroom and the amount of energy children have! Knowing how to channel this energy, or when to 'stir' and when to 'settle' children, will help you achieve balanced lessons without children becoming over-excited on the one hand or bored on the other.

https://www.teachingenglish.org.uk/article/stirrers-and-settlers-primary-classroom