

Move4words®



A daily video-based 12-week classroom group movement programme for children aged 5 - 12, very easy for teachers to use, great value for money, with proven impact on literacy and learning.

PUPILS CAN TRIPLE READING PROGRESS



The Move4words® programme

The Move4words programme uses a radically different approach to improving attention and learning.

Scientists now know that literacy and language use areas of the brain which until recently were thought only to control physical actions and movement.

The basic principle of Move4words is that when children learn to improve their bodily attention and control, and learn accurate timing of movement, their literacy and

learning improves, too. This is backed up by our extensive evidence base.

Teachers have said: Y3: "I noticed an almost immediate improvement in concentration"

"I've seen an improvement in some of the very low ability children who are stuck learners. One child is now able to spell out simple words"

Y5: "It is really inclusive, allowing children with learning difficulties to fully engage by cleverly giving them all the clues they need to follow the exercises."

See more online.

Easy for teachers and pupils to use

Move4words® is contained on a single DVD and is a 12 week programme of easy movements. Each day's routine of 10 exercises takes 10 - 15 minutes to deliver to a group of up to 30 children, and is covered fully with

step-by-step videos of child actors which teach gradually more complex movement skills in a clear, day-by-day and week-by-week format.

"It's so easy because you simply put the DVD in the player and the children follow the instructions on screen"

Literacy & KS2 results significantly improve for lowest 20%

Move4words has been thoroughly tested with more than 2,000 pupils in UK schools. By far the biggest impact is on the lowest 20%, narrowing the gap in literacy.

In the lowest 5%, 49 pupils aged 9 years, who had hardly started reading, (average reading age of 5), increased their reading age by 12 months during the 3 month intervention.

62 children, also aged 9, in the slowest 5% of the population, doubled their reading speed after Move4words.

Pupils with poor concentration were able to focus more and listen better.

Underperforming trial schools were boosted to beat the National Average when their Y6 children did Move4words.

Progress through National Curriculum levels was boosted, improvements are long-lasting.

How to use M4W

The group intervention is recommended as a whole-class approach to improve attention and focus, with the greatest impact on reading and mathematics expected for the lowest 20% of achievement.

Children have said:

"I can focus much more on my work"

"I can read much faster now"

"Move4words makes me feel calmer"

Proven Impact

Results from school trials of Move4words run by scientists from Oxford University are now published in the academic journal "Improving Schools" McClelland, Pitt and Stein, 2015.

See articles on Move4words on BBC website Education Page and in TES

Recommended by our patron, Professor Sir Tim Brighouse



"... a highly cost-effective, teacher and child-friendly classroom method which is easy to use and has most impressive results.

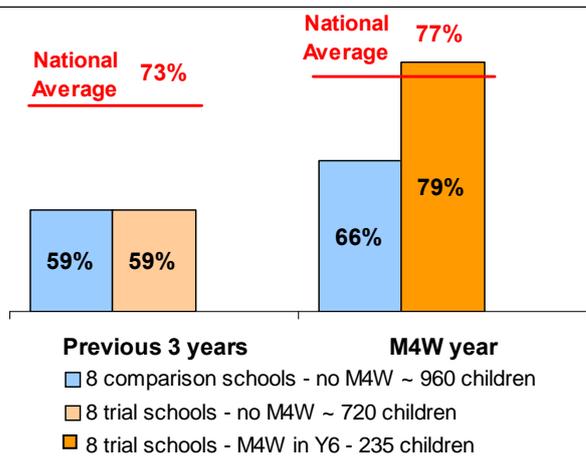
I am hugely impressed with the (Move4words) technique, and the philosophy and approach"

Tim Brighouse,

Formerly London Schools Commissioner, Chief Education Officer of Birmingham and Oxford, and Professor of Education at Keele University

Effect of M4W on KS2 results

% of pupils at Level 4+ in English + Maths



Not-for-profit

Move4words is a Community Interest Company, set up by the developer of the Move4words technique, Dr Elizabeth McClelland, (a scientist from Oxford University), to help improve literacy and learning in UK schools. Our main focus is in areas of deprivation.

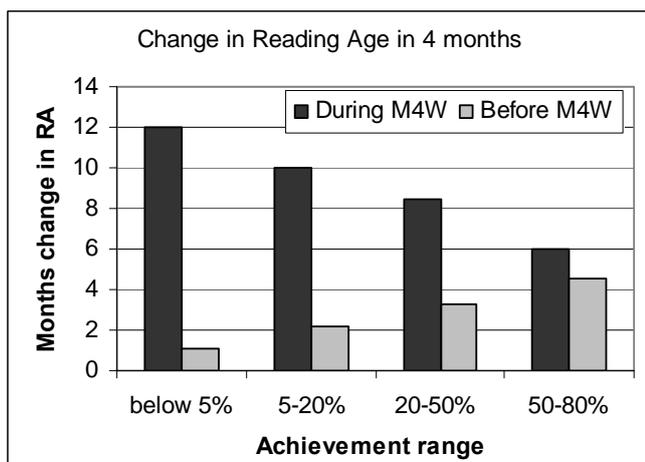
Our not-for-profit status is assured by the Government CIC Regulator.

The Move4words[®] literacy and learning support programme

- Recommended by Professor Sir Tim Brighouse
 - Our patron, Tim Brighouse, is very well-respected in Education circles, and was formerly London Schools Commissioner, Chief Education Officer of Birmingham and Oxford, and Professor of Education at Keele University.
- Brand new, radically different approach

Move4words is mainly a physical movement programme, teaching self-control and attention by focusing awareness on body and eye movement, moving rhythmically, with timing and body coordination. It also includes listening exercises to train auditory attention, breathing training and relaxation. Concentration and attention improve, and learning is enhanced.
- Biggest impact in the bottom 20% of achievers

Figure shows how pupils in the bottom 5% experience the greatest improvement in reading age during the Move4words intervention (study of 915 children)



Five years of school trials show that underperforming children's rate of progress in KS2 more than doubles after Move4words, and their reading age increases by more than four times the national rate (from 483 children).

Reading and writing speed increase significantly, more children reach their targets. Improvements are long-lasting.

Eight schools which used Move4words with their Y6 children in 2011 and 2012 achieved a 20% rise in the number of year 6 pupils reaching their target (Level 4+ in English and Maths) to 79%. Meanwhile eight matched comparison schools with no intervention only achieved an increase of 7%, only marginally better than National Average improvements (see graph overleaf).

- Very easy to use
 - Developed for maximum simplicity with the help of many classroom teachers in UK schools.
 - Everything you need is on a single DVD, providing 60 individual exercise sessions which make up the 12 week programme of movements.
 - Engaging child actors model the movements in videos for the class to follow.
 - Each day's session is a routine of 10 exercises which takes 10 - 15 minutes to deliver, and is covered fully with step-by-step videos. The videos teach gradually more complex movement skills in a clear, day-by-day and week-by-week format.
- Inclusive
 - Suitable to use with the whole class at once, or small or large groups of SEN pupils. Designed to be used in crowded classrooms. Lower achievers benefit most.
- On the BBC Education page
 - "Luton Schools test exercise routine to boost learning" Short film on Look East. 10 July 2013.
- Not-for-profit
 - Move4words is a not-for-profit Community Interest Company.

Some comments from teachers:

"Our best SATs results ever!"

"The children are more focused, listen better and pay better attention"

"The children are far more fluent and confident readers"

"Move4words calms them down ready for SATs"

"We've noticed that class behaviour has improved"

"Our Years 4 and 6 who completed the 12 week Move4words programme last year are all doing very well."

"The children absolutely loved the Move4words project"

Some comments from children:

"I wasn't doing very well, but once Move4words started, I've found it a lot easier in every subject - it's all starting to make sense to me"

"I can concentrate much better on my work"

"I can read much faster" "My writing is better"

"When I tried reading before Move4words, my eyes went all over the place and I often skipped a line. Now I can control my eyes and I read much better"

"Move4words makes me feel calmer"

"I'm reading more"