



**Marita Stawinoga**

Gesundheitsamt Kreis  
Heinsberg

**Institution/project**

The Class Moves!®

**Short description of the institution/project**

The Class Moves!“® programme consists of a number of moving and relaxation exercises for use with primary school children of all ages. These exercises are grouped by theme and age and are listed on a wall-mounted monthly calendar, which follows a stage-related development plan. The programme aims to encourage children to engage in different types of physical exercises on a daily basis.

**Short biographical note**

- Working as an anaesthetist for 11 years
- Since 1993 working as a doctor in the public health department of Kreis Heinsberg, Germany with the main focus on health prevention in kindergarten and schools

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## The Class Moves!®

Marita Stawinoga, Gesundheitsamt Kreis Heinsberg

<b>Place:</b>	Kreis Heinsberg - Germany German-speaking part of Belgium, kindergarten and primary schools
<b>Time:</b>	since September 2000
<b>Target Group:</b>	Pupils class 1 to 4 (aged 6-10 years) and kindergarten children (aged 4-6 years)
<b>Aim:</b>	Enhanced moving abilities by playfull and funny moving and relaxation breaks during lessons with positive pedagogical effects on class or group situation.
<b>Material:</b>	calendar, handbook, CD
<b>How did the project come to exist?</b>	The programme is based on „De klas beweegt!“® developed by a Dutch team led by physiotherapist Elise Sijthoff. It was translated into German and evaluated in an Interreg study.
<b>Who took part?</b>	Germany: Kreis Heinsberg; Ärztekammer Nordrhein Belgium: Ministry of the German-speaking part of Belgium; Flanders Netherlands: Fysio Educatief Great Britain: Scotland, Wales
<b>Description:</b>	„The Class Moves!“® programme consists of a number of moving and relaxation exercises for use with primary school children of all ages. These exercises are grouped by theme and age and are listed on a wall-mounted monthly calendar, which follow a stage-related development plan. The programme aims to encourage children to engage in different types of physical exercises on a daily basis.
<b>Further informations:</b>	Fysio Educatief, Groenburgwal 59, NL 1011 Amsterdam, Tel.: 0031 (0)20-6265757, E-Mail: <a href="mailto:fysio@beweeg.nl">fysio@beweeg.nl</a> , Url: <a href="http://www.beweeg.nl">www.beweeg.nl</a>  Marita Stawinoga, Ärztin, Gesundheitsamt, Valkenburger Str. 45, D 52525 Heinsberg, Tel.: 0049 (0)2452-135365, E-Mail: <a href="mailto:Marita.Stawinoga@Kreis-Heinsberg.de">Marita.Stawinoga@Kreis-Heinsberg.de</a>