

Das Konzept Der 'bewegten Schule' - Steffen Weber

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'In unserem Allgemeinverständnis ist Schule mehr ein 'Sitz- und Gesprächsraum' denn ein Bewegungsraum' (Hildebrandt-Stramann, 1999, S.5). Nach diesem Verständnis ist auch der aktuelle Lehrplan aufgebaut. Jedes Fach hat seinen entsprechenden Fachunterricht und bewegen können die Kinder sich im Sportunterricht sowie in den Pausen. Verschiedene Forscher haben diverse Konzepte entwickelt, um den Alltag für Kinder und Jugendliche bewegter zu gestalten. Es wird vermutet, dass Kinder in einer bewegungsfreundlichen, abwechslungsreichen Umgebung leistungsfähiger sind und die Schule durch einige Veränderungen zum angenehmeren Lebensraum für Kinder und Lehrerschaft werden kann. Es wird dafür plädiert, den 45 Minuten Rhythmus und somit auch die fest definierten Bewegungszeiten abzuschaffen und den Schulalltag unter bewegungswissenschaftlichen Hintergrund zu reformieren. Der Grundgedanke ist zwar bei allen Forschern der gleiche, dennoch vertreten sie je nach Akzentuierung andere Konzepte. Im Folgenden wird versucht, aus den unterschiedlichen Arbeiten ein Grundgerüst für ein kompaktes Konzept der Bewegten Schule zu erstellen. Danach werden einige Argumente dargestellt, warum man eine Bewegte Schule dringend realisieren sollte. Hierbei ist zu erwähnen, dass auf die medizinische Begründung nicht explizit eingegangen wird, der Grundtenor ist durch die gesundheitliche Begründung aber zu erkennen. Zum Schluss wird eine Versuchsschule genauer betrachtet und diskutiert, inwiefern sich vermutete positive Entwicklungen einstellen und wo Probleme bei der Umsetzung entstehen könnten. Author: Weber, Steffen Publisher: GRIN Verlag Illustration: N Language: GER Title: Das Konzept der 'Bewegten Schule' Pages: 00017 (Encrypted PDF) On Sale: 2009-01-01 SKU-13/ISBN: 9783640254743 Category: Education : General

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