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The Bochumer Modell

A moving class - room

Some of the **key terms** of our seminar like health prevention, awareness of our environment and participation are an assumption for **salutogenese** and they are central parts of a model which was developed by teachers of a waldorfschool in bochum, and is therefore called the "**Bochumer Modell**".

But first to the Bochumer Modell:

It was developed in a Bochumer Waldorf School in 1987 and it was very successful so that made lots of other Waldorfschools to work with it. That means to change their pedagogical Concept, their curriculum even, and also it made them change their furniture.

Moving while learning helps the children to *concentrate* and to *communicate* in a different way.

A good working body of a child in which the motor functions are well trained.

Siencists found out that preference for one hand, hand- eye coordination ore the work of all the senses are requisite for learning.

So one important aspect in the bochumer model is to become even more a moving school.



a moving classroom

Waldorfpedagogic says:

The motor functions of a child and its wish to move while it is learning in school are understood as key elements for a better **receptivity**.

But the school day in a Waldorfschool starts with a two hour lesson in which normally the class teacher is teaching. For 2 - 4 weeks he is working with the children on one particular issue, on reading and writing as well as on mathematics, later then it is biology or history, but it is always in a kind of project work, every morning for two hours. These two hours rhythm

Now the teachers from the bochumer school did not want to give up this two hour lesson in the morning, but tried to break it with a lot of moving in the class room.

But in the classes there is very often very only a few space and there are about 30 children in a class, so there is not much space in the room for moving.

First of all they **reduced the children** in a class, which was important. Then they invented a new indoor space, one could say a moving class room!!



A "moving classroom" in a Waldorfschool in Germany

To gain more space, all the tables were thrown out, and the school invented a classroom in which the children sit on **benches** or on special made **cushions**.

Now there lots of different situations in classroom where made possible,like:

Good morning circle
balance, jumping, running, space

Frontal Situation
Sitting on cushions
Group work
Break first table
And Relaxing



frontal situation



Morning circle

The sitting as well is one aspect, because experts have found out that most of the problems people have with their backs are beginning very early with a bad sitting habitude. If you watch children in school, they are always changing their positions on a chair, sometimes that much that they fall down. And here on this cushion they can change their position a lot and even in a silent undiscovered way, so that nobody is disturbed by it. The cushions are filled with a special glass *faser*, in German it is called fever glass.



sitting situation



group work

A physiotherapeutic is watching over this model in our school, and has discovered that the children are even sitting more calmer on their cushions, maybe because movement is not so easy to see but even when they sit on the benches, where there are always two of them it is a very calm sitting, maybe because they move that much in the lesson anyway.



breakfast table



Frontal situation