



Implementation of Physically Active Learning (PAL) in Schools

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Research Question

- *How do school management and teachers respond to PAL implementation, and what barriers and driving forces affect this process?*
- **Importance:** Understanding reactions to implementation can highlight challenges and opportunities for improvement.



Physically Active Learning (PAL): *Learning through movement*

Benefits:

Improved learning
environment and academic
performance.



Findings - Barriers to Implementation

Resistance to Change: Teachers feeling overwhelmed by new demands.

Resource Constraints: Lack of time, facilities, and financial resources.

Insufficient Training: Need for extended training programs.

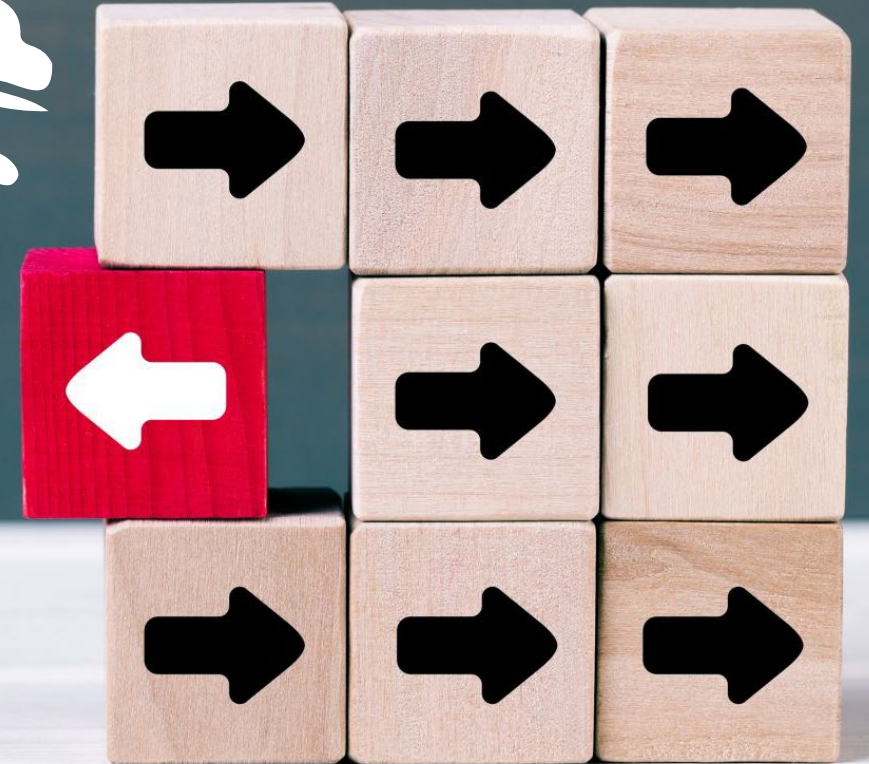
Findings - Driving Forces

- **Positive Attitudes:** Some teachers find PAL creates a better learning environment.
- **Pupil Engagement:** Increased motivation and participation.
- **Parental Support:** Positive feedback strengthens support for PAL



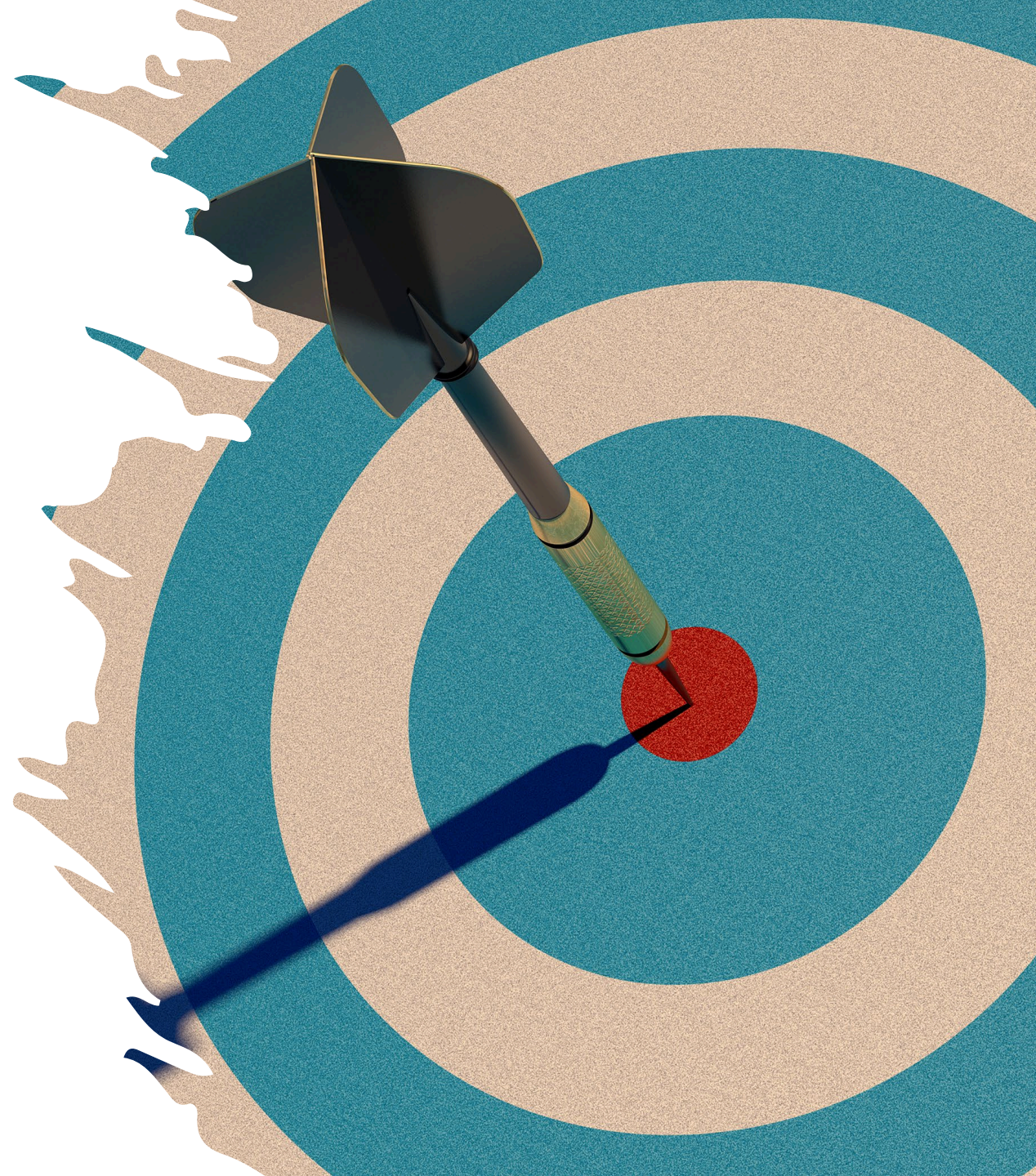
Role of School Management

- **Leadership:** Critical for resource distribution and support.
- **Challenges:** Balancing time, money, and patience with limited experience in new methods.
- **Strategies for Success:** Targeted training, infrastructure improvements, integrating PAL into educational strategy.



Recommendations

- **Professional Development:**
Continuous training for teachers.
- **Access to Expertise:** Ongoing support for implementation.
- **Infrastructure Improvements:**
Adapting physical spaces for PAL.
- **Management Engagement:**
Enthusiasm, recognition, and continuous evaluation.
- **Share experiences**



Conclusion

- **Key to Success:** Comprehensive plan addressing teacher resistance and resource constraints.
- **Leadership Role:** Promote innovative teaching environments and integrate PAL into school strategies.
- **Outcome:** Sustainable implementation making PAL a natural part of daily teaching.



Q&A

Thank you!

Please feel free to direct any questions to:

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