

“A classroom in motion for achieving success!”

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www.fondationmomentum.com

RESPECT ■ COLLABORATION ■ PASSION ■ INNOVATION ■ INCLUSION

École élémentaire publique Marie-Curie



Revel Academy
Ottawa



École Montessori de l'Outaouais
Aylmer



École St-Jean-de-Brébeuf
Gatineau



One stationary bike per classroom to promote healthy living and academic achievement!

Awesome, I receive a bicycle in my classroom

What do I do?

What is my commitment?

Project steps

1. Receive the stationary bike for your classroom
2. Attend a one-hour information session regarding:
 - *The mission of La Fondation Momentum Jeunesse;*
 - *The objectives of using a stationary bike in a classroom;*
 - *How to use the stationary bike;*
 - *The advantages of physical activity on the students' achievement and well-being;*
 - *Teacher or participant engagement: sharing the impacts or results of students using a stationary bike*
3. Welcome University of Ottawa students into your classroom, for a workshop intended to show the benefits of a healthy lifestyle (dates to be determined)
4. Integrate the use of stationary bikes
5. Provide feedback on the use of stationary bikes and your collaboration with La Fondation Momentum Jeunesse
6. Share resources and research findings on the benefits of having a bicycle in your classroom

La Fondation Momentum Jeunesse

Our mission and values

VALUES

Respect

Gaining the respect of others is vital in allowing us to achieve our mission. Citizens, colleagues and children all have the right to be treated with respect and dignity. From this perspective, we are committed to accompany youth in achieving a balance and state of better-being.

Collaboration

We are open to the ideas and expertise of our partners and are committed to the children, their families, the schools, Early Childhood Centres and communities.

Passion

We highly regard the health and well-being of the young.

Innovation

We encourage the transformation of communities by allowing the youth of every socio-economic level to adopt healthy lifestyles.

Inclusion

We recognize and embrace differences, keeping in mind that all children are capable, competent and full of potential.



MISSION

We promote innovative initiatives that ensure healthy living choices for the youth.

VISION

At La Fondation Momentum Jeunesse, our primary source of motivation is the health and well-being of the youth, which guides our every action. We strive to be leaders in the promotion of healthy lifestyles.

The benefits of using a stationary bike in a classroom

Values children who have ADHD

•

Achieves better academic results

•

Encourages academic perseverance

•

Improves well-being and self-esteem through active living

•

Provides a feeling of belonging to your community

•

Improves concentration and thought control

•

Develops healthy living habits

•

Allows children to develop selfregulation

•

Prevents illnesses through active living



How to use the bicycle in a classroom?



Motion for students who need to move

Group challenge:
Measurement of cycling minutes

Geographical project:
We travel across the region and learn from our participants

We travel across Québec and Ontario

We move all day

At the student's request

Etc.

As a result

IMPORTANT : Never use the bicycle as a punishment tool for the student

Teacher or participant engagement: sharing the impacts or results of students using a stationary bike

Answer 3 questions pertaining to the following subjects:

- Frequency of use*
- Context of use*
- Impacts on concentration and student results*

Suggestion: link on the Website with electronic form

Follow-ups must be made once a month and require less than 5 minutes of your time.

