**Kids Need to Move!**

**Proposed Activity**

Our goal is to incorporate movement into our learning at \_\_\_\_\_\_\_\_\_ by providing our students with

different types of equipment in lieu of traditional desks. The equipment would include Kinesthetic learning tables that use bicycles, balance, ski swing, cross lateralization, and elliptical (at their seat). We would like to set up a learning environment that utilizes a kinesthetic approach. While seated or standing at the Kinesthetic learning tables the students will have the ability to **use movement to facilitate cognition, maximize brain function, and anchor learning.**

This project will initially impact \_\_ students but has the capability of impacting over \_\_\_\_ students once implemented school wide.

**Results/Outcomes**

**Movement Stimulates & Enhances Cognitive Development:**

* Increases ability to pay attention
* Concentration span extended
* Improves short & long-term memory
* Forms Positive moods
* Supplies Brain with energy and nutrients
* Infuses the Brain with (BDNF) for growth of new cells

Regular quality movement sharpens the tools of intelligence.

Children actually GET ALONG BETTER in Kinesthetic Classrooms, moods are improved, the children are excited about learning, the school’s academic performance ratings increase. This results in less time and money spent on student’s who are distruptive in the classroom or those students struggling to keep up academically.

**Intensity and Duration**

All students will be exposed to Kinesthetic learning \_\_ days a week, for \_\_\_ minutes per day.

**How do we make this happen?**

This is our opportunity to take the latest Neuroscience and apply it to Education! Exercise is the **ONE** thing that we **KNOW** optimizes brain function. This is an answer to closing the achievement gap and greater achievement overall for our students.

**www.kidsfit.com**

**RESOURCES:**

Hannaford, 2008: Smart Moves Why Learning Is Not All In Your Head

Medina, 2008: Brain Rules

Jensen, 2009: Teaching with the Brain in Mind

Ratey, 2008: SPARK