Title of Project: ***You’ve Got To Move It, Move It!***



I. ***Description***

A. Our Goal

The goal of this grant ***You’ve Got To Move It, Move It!*** is for the third grade students to improve literacy and health through movement.

B. Our Plan

Our plan is to improve the health of the students’ minds and bodies by having one **pedal desk** and several **wobble stools** in each of 4 third grade classrooms, and one resource room. The pedal desks and wobble stools will be used by the students that need to release energy in order to maintain focus. The equipment will be used by students all day, during instruction and independent work.

An average third grader could spend several hours sitting in a classroom – only a little less time than an office worker spends on average sitting at work. As more and more offices realize that sitting all day long is not good for health and productivity, we also realize that movement can improve the attention span of young children.

Research supports the concept that movement increases brain connectivity which enhances higher level problem-solving and critical thinking skills. Sitting still for long periods of time actual works against the ability of students to learn effectively.

NEA Article Aug. 12, 2011

# Kids Who Can't Sit Still

## *Letting them fidget may keep students focused on learning.*

By Rebecca Bright

Research by a number of experts supports this fidget-friendly mindset. A 2008 study found that children actually need to move to focus during a complicated mental task. The children in the study—especially those with attention-deficit/hyperactivity disorder (ADHD)—fidgeted more when a task required them to store and process information rather than just hold it. This is why students are often restless while doing math or reading, but not while watching a movie, explained Dr. Mark Rapport, the supervisor of the study and professor of psychology at the University of Central Florida in Orlando.

The children will be able to use these devices during instruction and independent work. Our goal is to have various students using the pedal desks and wobble stools during *every* minute of the school day.

Teachers will use the equipment in Curriculum Centers for movement and learning. All of the students in each third grade class will have the opportunity to pedal and wobble throughout the day.

C. Our Project Will Enhance the Curriculum

The pedal desks and wobble stools will enhance the curriculum. These kinesthetic tools will help students focus and achieve while giving them the opportunity to exercise.

One elementary school in North Carolina analyzed testing results at the end of the school year and found that students that spent time in their *Read and Ride* program achieved greater proficiency in reading on the standardized tests.

NationSwell Article Jan. 13, 2015

### **Pedaling does more than just improve health.**

There’s a movement traveling through school classrooms across the country. Literally.

Stationary education is becoming a thing of the past as schools are discovering the benefits of blending exercise and learning. Through the Read and Ride Program, health- and grade-boosting exercise bikes are becoming fixtures in schools — and they’re proving their worth.

It all began five years ago at Ward Elementary School in Winston-Salem, N.C. Instead of desks, Ward has an entire classroom filled with exercise bikes. Periodically throughout the day, teachers will bring their students to the room to ride and read.

Not only does the program encourage and promote reading at a young age, the exercise factor improves students’ brain functioning, too. In 2010, Ward Elementary students who were in the program achieved an average 83 percent reading comprehension, while those who weren’t averaged just 41 percent, reports [Fast Company](http://www.fastcoexist.com/3036607/this-school-has-bikes-instead-of-desks-and-it-turns-out-thats-a-better-way-to-learn).

Students with attention, hyperactivity and impulsivity issues struggle to stay focused throughout the day. Sensory stools aid in the maintaining of stamina during the day. Wobble stools allow the body to stay in motion and give the brain the feedback about where their body is in space. These stools have the potential to increase engagement, focus, and motivation.Better focus transpires into more learning.

Based on research, we expect to increase student performance, scores and productivity through allowing movement in the classroom. In addition, The students’ heart rates and circulation will increase which will optimize overall performance.

D. Other Information About Our Project

Movement is good for the mind and body because it activates cells that are stored in the brain. Movement also increases learning because more senses are involved. The MIND and BODY become balanced and exercise makes an extraordinary difference in how kids perform according to KIDSFIT.com. We think that these kinesthetic tools will help us meet the needs of our variety of students.

About Kidsfit Kinesthetic Classroom

In 2012 Kidsfit began working with a team of Brain Research Experts, Educational Consultants and Classroom Teachers to develop a new way for children to learn and interact in their classrooms. What came out of our research and classroom testing is a line of “kinesthetic” motion desks and tables that allow children to be in motion while they learn! This is not exercise equipment—this is an entire teaching methodology that utilizes standing tables, motion chairs and numerous simple movements that allows teachers to actually have more control in their classrooms while providing a classroom experience that is far more conducive to learning than traditional methods.

There are over 33,000 studies of the benefits in exercise, with this staggering evidence it would be impractical not to implement this idea into our daily lifestyle—exercise is vital for physical, mental, and emotional health. So let’s get our kids moving!

With the Kinesthetic Classroom, class time is not cut short, students grades improve, the classroom runs more smoothly, students mood/mental health improve, all while the child’s physical health is improving. This is a win-win for all involved

The *First Lady* of the United States of America, Michelle Obama, wants to help children in our country become more physically active with her “Let’s Move” campaign. Our project will reinforce the ideas behind this initiative.

Movement gives students the opportunity to release energy. It is beneficial in the classroom because it optimizes focus and attention. The **pedal desks** and **wobble stools** will reinforce these important concepts.

Highlights from KIDSFIT brochure



