

Hundreds Wall Chart

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

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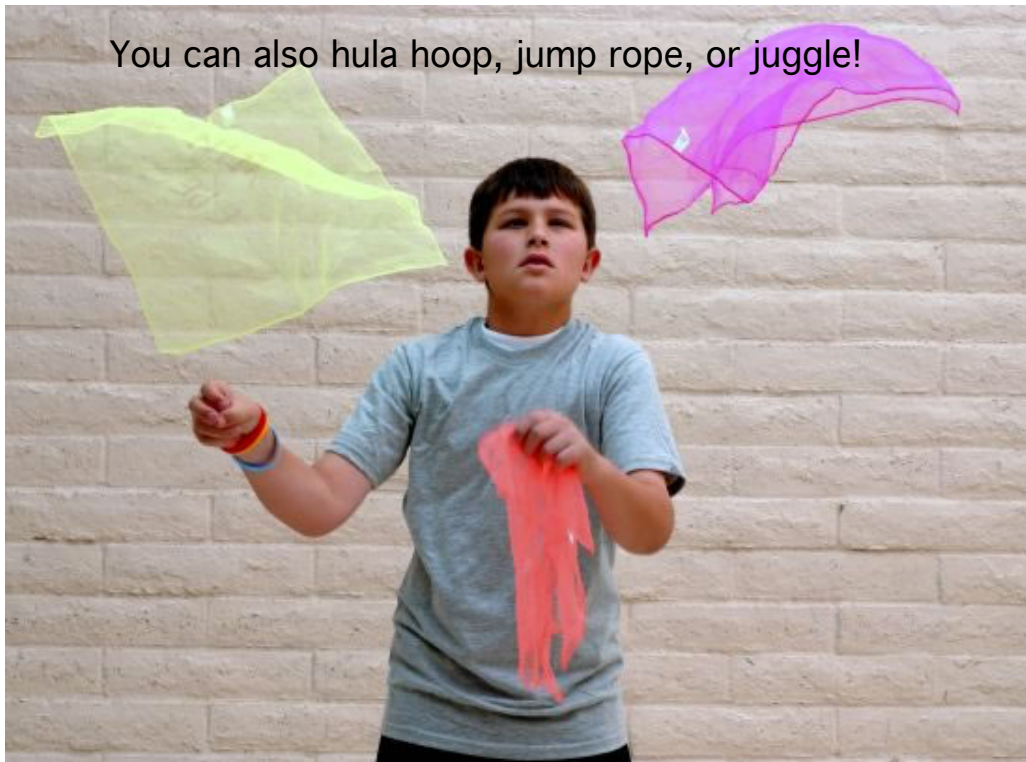
817 Hundreds Wall Chart

Activities:

- number identification - swat the number
- swat skip counting
- add numbers to get biggest number possible
- balance and count or skip count (multiples)
- toss bean bag at numbers, pick up/find next number and repeat doing multiples or math problems

You can do these activities on a:

- stationary bike
- spooner board
- wobble board
- aerobic step
- bosu ball
- mini- trampoline



This wall chart can be used for the following stations depending on the activity you choose:

Cross Lateralization because when information moves from left to right and right to left in the brain, it crosses a midline called the corpus callosum.

When information moves from front to back and back to front it crosses another midline called the motor cortex. The body has corresponding midlines going top to bottom and left to right. Crossing the midlines integrates the brain hemispheres, organizes the brain. Cerebellar exercises

that cross the midline enlist more parts of the brain for well-developed

attention systems.

Motor skills because what makes us move is what also makes us think, The brain uses motor skills to lay the framework for learning. The brain's cerebellum controls motor skills, agility and coordination. When the cerebellum is working well, cognitive function, which is our ability to think increases. We think better when we move! Activities that involve moving the legs to move the body activate and store BDNF. BDNF acts as fertilizer for the brain. Locomotor movements are a good example of activities that stir up our BDNF. Locomotor movements (walk, jog, hop, jump, gallop, slide, skip and leap) are ways we move from one place to another. Critical elements of locomotor movements are attached. Joint compression is a form of proprioception. It occurs when there is compression, push, or weight bearing placed on a joint. It is also very important for developing body awareness and body in space, as well as for joint stability and strength. It also promotes self-regulation and can be very calming, regulating, and organizing for the brain and nervous system.

Balance because these concepts aid the brain in placing words on a page, reading words from left to right, and writing patterns in sequence.

They also aid the brain in anchoring information and improved memory retrieval, preparing the brain to take a test, and combining many skills for higher level thinking.

Visual tracking because these concepts aid the brain in encoding the stroke of each symbol of letters and numbers, following words from left to right focusing on reading for longer periods, discrimination sounds and organizing information. Increases visual stamina for test taking.

Fine Motor & Gross Motor w/ Manipulative's because thirty-five percent of the brain's motor cortex is dedicated to the use of the hands and the feet. The motor cortex helps the brain get what we are thinking to the paper. Therefore, 35% of the brain's ability to transfer information to the paper depends on good eye-hand, eye-foot coordination.

Throwing and catching skills and soccer dribbling skills, for example, prepare the brain for putting ideas on paper.