




Need to edit this proposal, or request a custom version to present to your school?

Send us an email - customerservice@kidsfit.com and we will be happy to assist!

What is ABL?

Action Based Learning™ is based on the brain research that strongly supports the link between movement and learning. We know that healthy, active students, make better learners! So how do we apply this to the classroom? Action Based Learning! ABL provides students an advantage to learn. The focus is on creating an optimal learning environments for all students, through movement! Action Based Learning stations in the classroom can be used to prepare the brain for learning, reinforce academic content, and strengthening the 12 foundations of Learning Readiness.

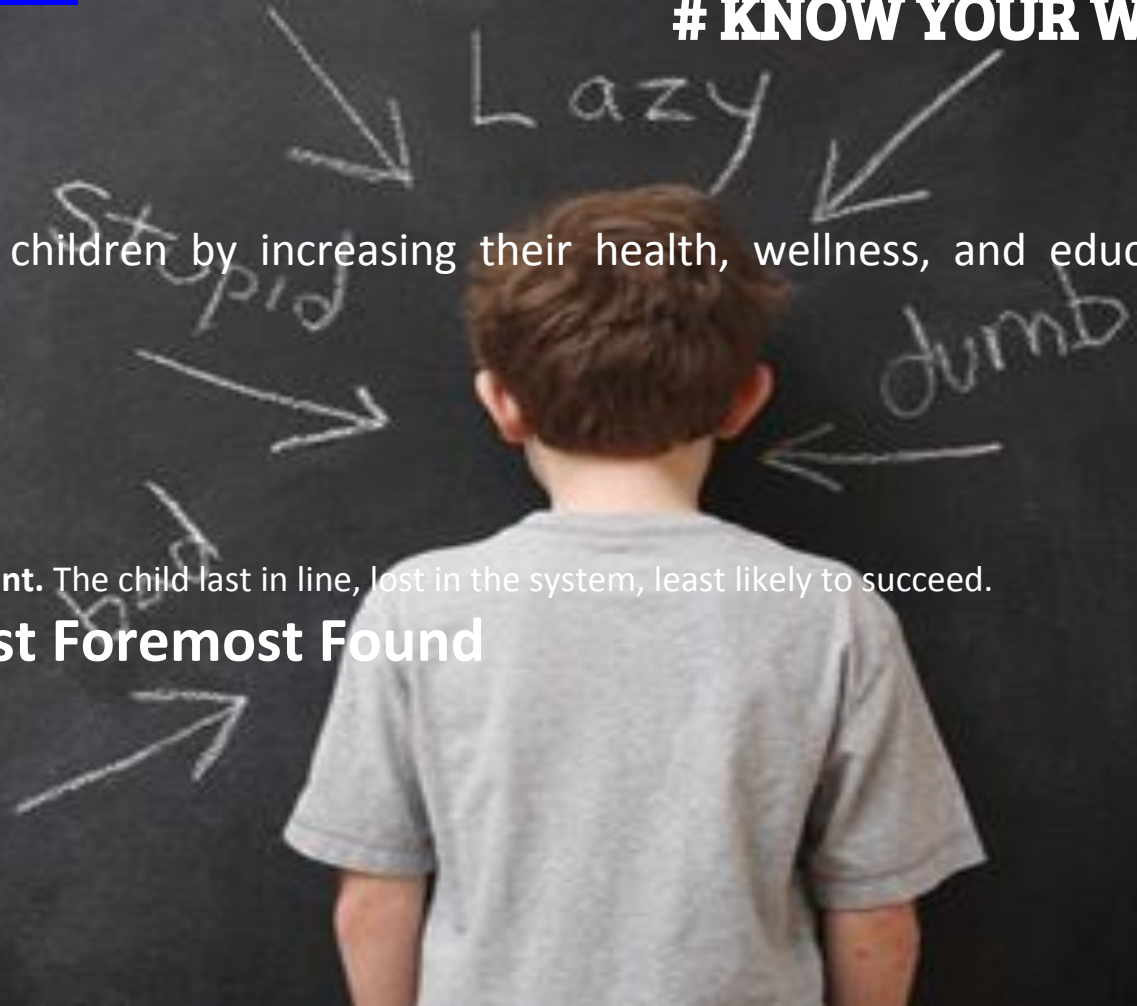


healthy, active
students, make
better
learners!

To change the future for all children by increasing their health, wellness, and education, through movement.

More specifically, to **reach the 3L Student**. The child last in line, lost in the system, least likely to succeed.

Least Last Lost ----> First Foremost Found



Goals for ABL in Our District

Our school will use Action Based Learning Lab & brain based strategies to increase focus and attention, improve grades, reduce office referrals, decrease behavioral issues, and provide students an advantage to learn. In addition, our goal is to use ABL strategies to make learning fun for students and create an environment that encourages the students to look forward to coming to school.



healthy, active
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Infusion of Action Based Learning into our district is a 3 Part Plan:

Action Based Learning Labs

Infusion of ABL strategies into
the CLASSROOM

Training

Districtwide Staff Development

Action Based Learning Labs

Each Lab Station focuses on a specific foundation.
12 Foundations for Learning Readiness:

- **Cross the Midline:** Cross Lateralization
- **Body in Space:** Vestibular/Proprioception
- **Balance:** Spatial Orientation
- **Visual Development:** Encoding Symbols
- **Rhythm:** Beat Awareness and Beat Competency
- **Tactile Learning:** Sensory Motor and Fine Motor Skills
- **Motor Skills:** Locomotor and Non-Locomotor
- **Eye/Hand Eye/Foot Coordination:** Manipulative Skills
- **Physical Fitness:** Strength and Flexibility
- **Cardiovascular Fitness:** Aerobic Capacity
- **Problem Solving:** Embodied Cognition
- **Self-Management:** Mindfulness and Self-Awareness



Combo Lab K-5th

Combo Lab K-5th



Action Based Learning Labs Elementary



Cross Lateralization:

- Information moves from left to right
- Integrates the brain hemispheres
- Organizes the brain
- Develops attention systems
- Helps the brain place words on a page
- Helps children read



Action Based Learning Labs Elementary

Cardiovascular Fitness

- Encourages flow of BDNF
- Upper body & hand strength allows student to write for longer periods
- Using the whole body brings it back into balance
- Enhances our ability to think by increasing brain cells



Action Based Learning Labs Elementary

Gross Motor + Fine Motor Skills

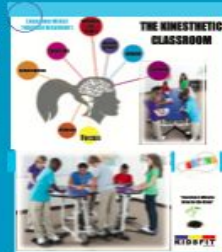
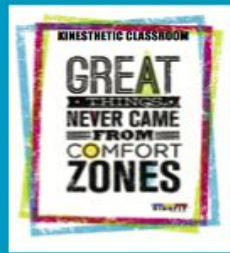
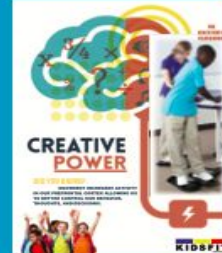
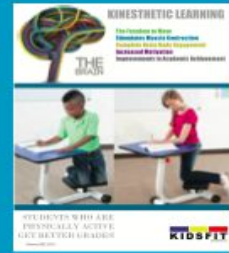
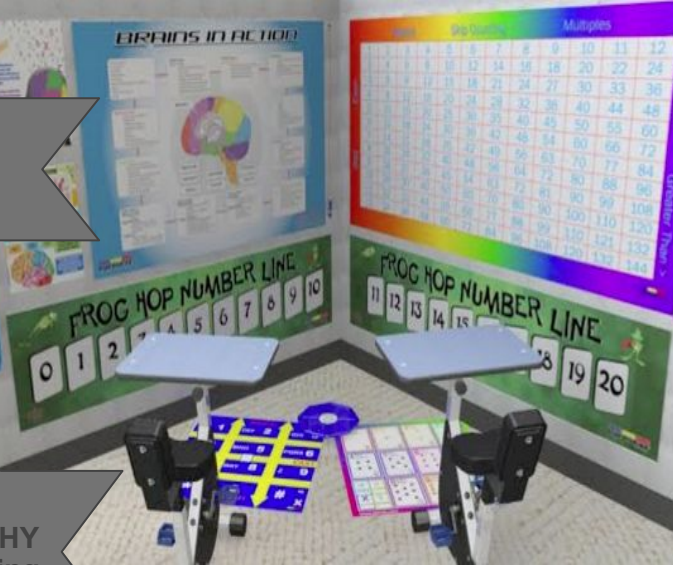
Aids brain in:

- Following the flow of words
- Sequencing math & reading patterns
- Sorting information
- Discriminating sounds
- Writing letters in proper proportion



Make
Learning
Fun!

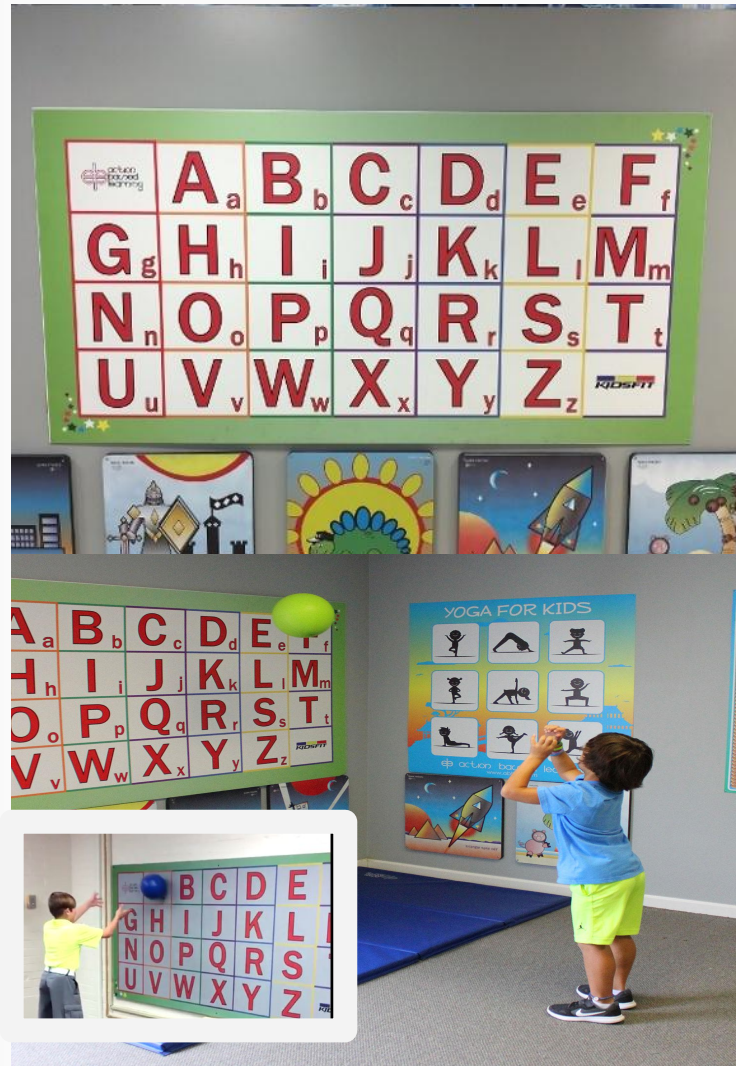
Teach
students WHY
they are doing
what they are
doing.



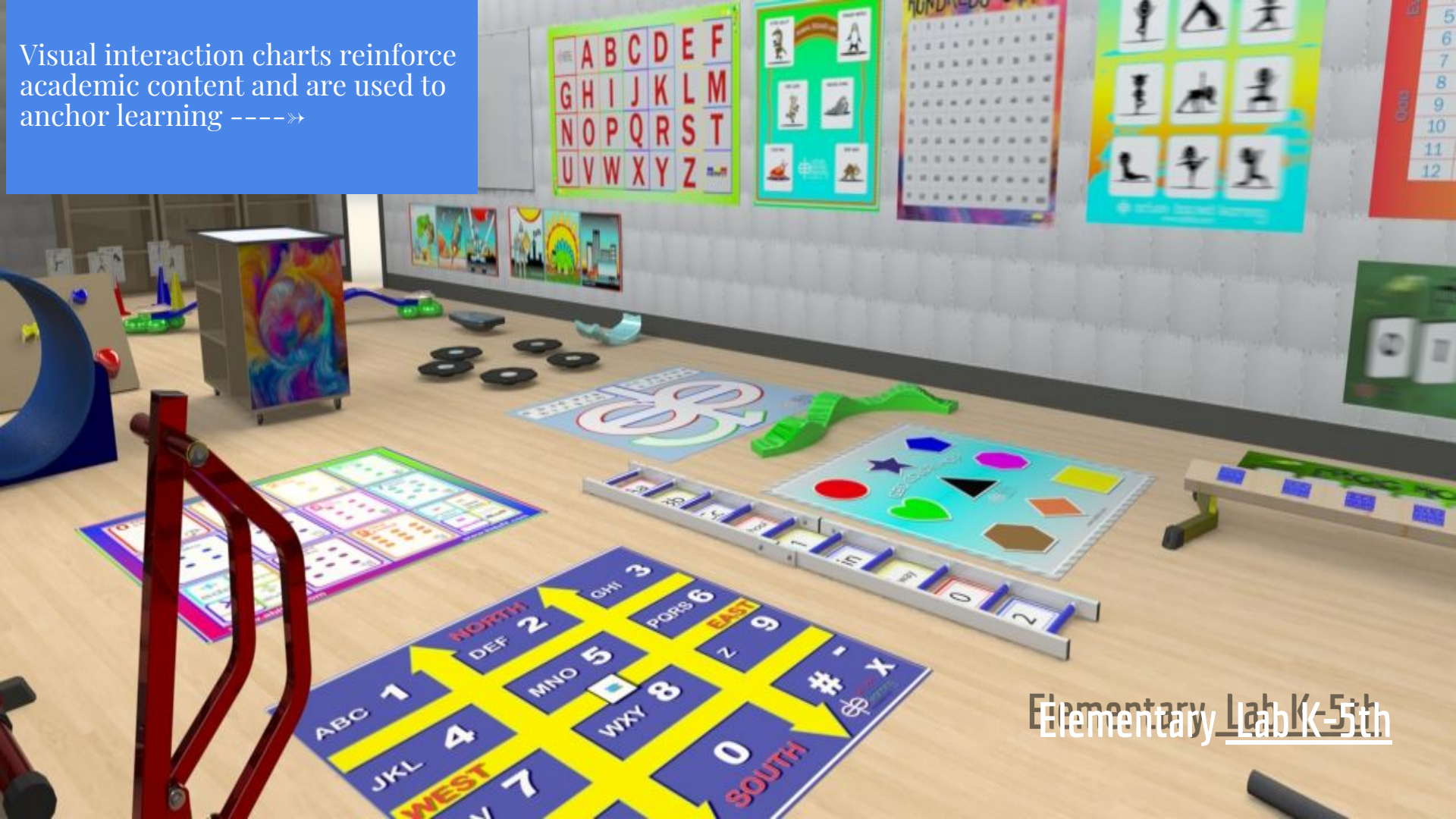
- A visual kaleidoscope of activity charts that create a fun way to learn! We have a chance to create healthy habits in our children (being active, valuing health and understanding the value of movement) through the ABL lab!

Active Learning Wall Stations

focus on a variety of foundations - primarily Hand/Eye Coordination and Visual Development. ABL manual includes classroom application into existing curriculum as well as progressions.



Visual interaction charts reinforce academic content and are used to anchor learning ---->



Elementary Lab K-5th



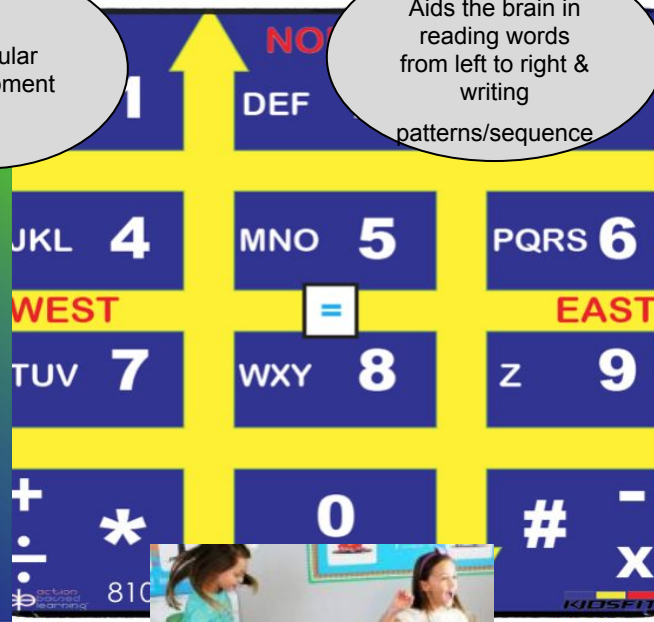
Action Based Learning Mats focus on a variety of foundations and are used to reinforce and anchor learning.

Visual Tracking

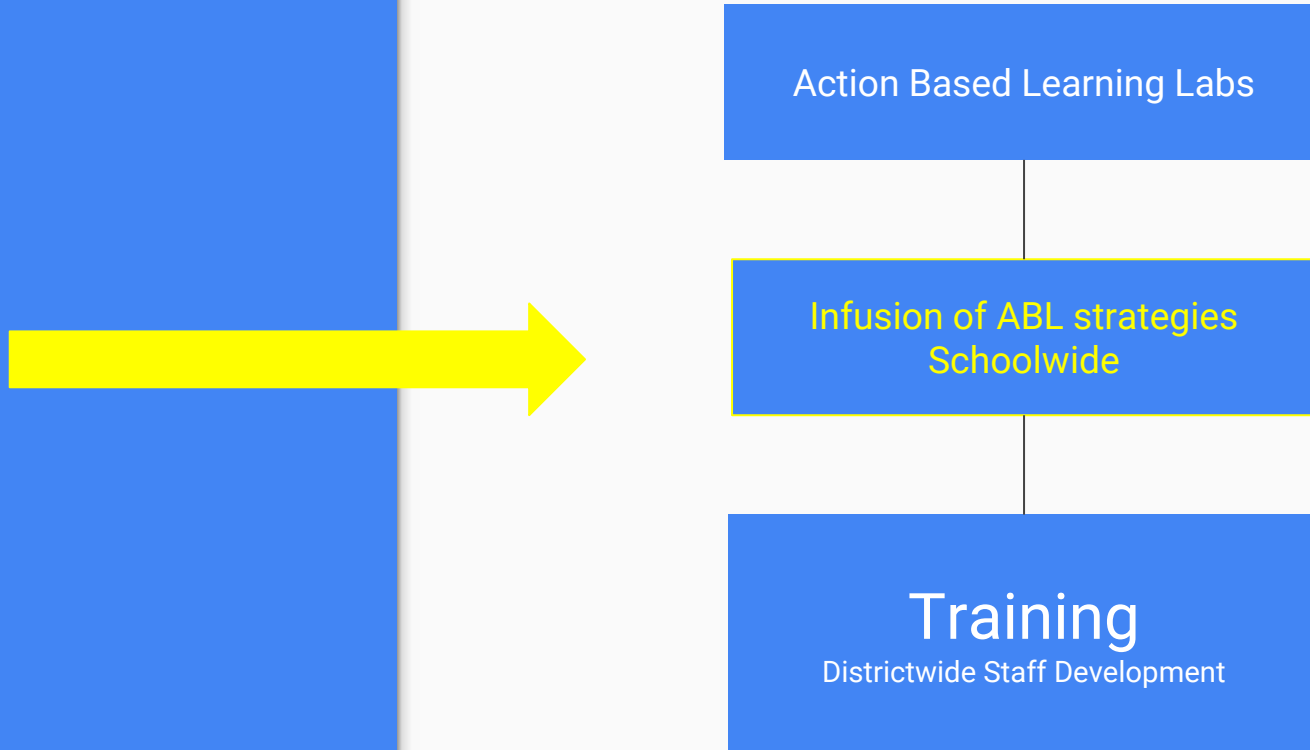
Cross Lateralization

Vestibular Development

Aids the brain in reading words from left to right & writing patterns/sequence



Infusion of Action Based Learning into FBISD is a 3 Part Plan:



ABL in the classroom

Infusing a combination of ABL brain based strategies, brain breaks and kinesthetic movements into the classroom to provide the most well rounded, brain based learning environment to provide an advantage for all students! **Action Based Learning is no longer just in the lab! ABL is for the classroom, the hallways, the library, and anywhere we can use movement to enhance learning!**



ABL in the Classroom



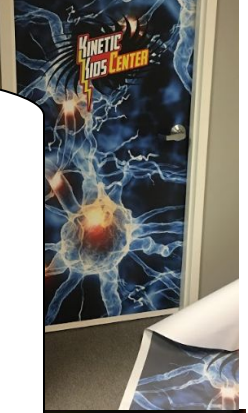
Complete Kinesthetic Classroom Poster Sets throughout School

A visual kaleidoscope of activity charts that create a fun way to learn. We have a chance to create healthy habits in our children (being active, valuing health and understanding the value of movement). Helps students understand WHY they are doing what they are doing. Charts reinforce the benefits of kinesthetic movement. Visual Aid for Brain and Body Benefits - Adds Excitement and Energy to Classroom!

ABL throughout the school



Wall Graphics -Designed to add excitement and energy to the Action Based Learning Movement! Graphics can be placed on doors, hallways, at the discretion of the school. Helps create a common mission throughout the school. Options are unlimited and can include personal/school/or Action Based Learning Mission statements, brain science, etc.





ABL throughout the school --> BRAIN BREAKS, COLLABORATIVE LEARNING, KINESTHETIC ACTIVITIES, etc



ABL in the Classroom

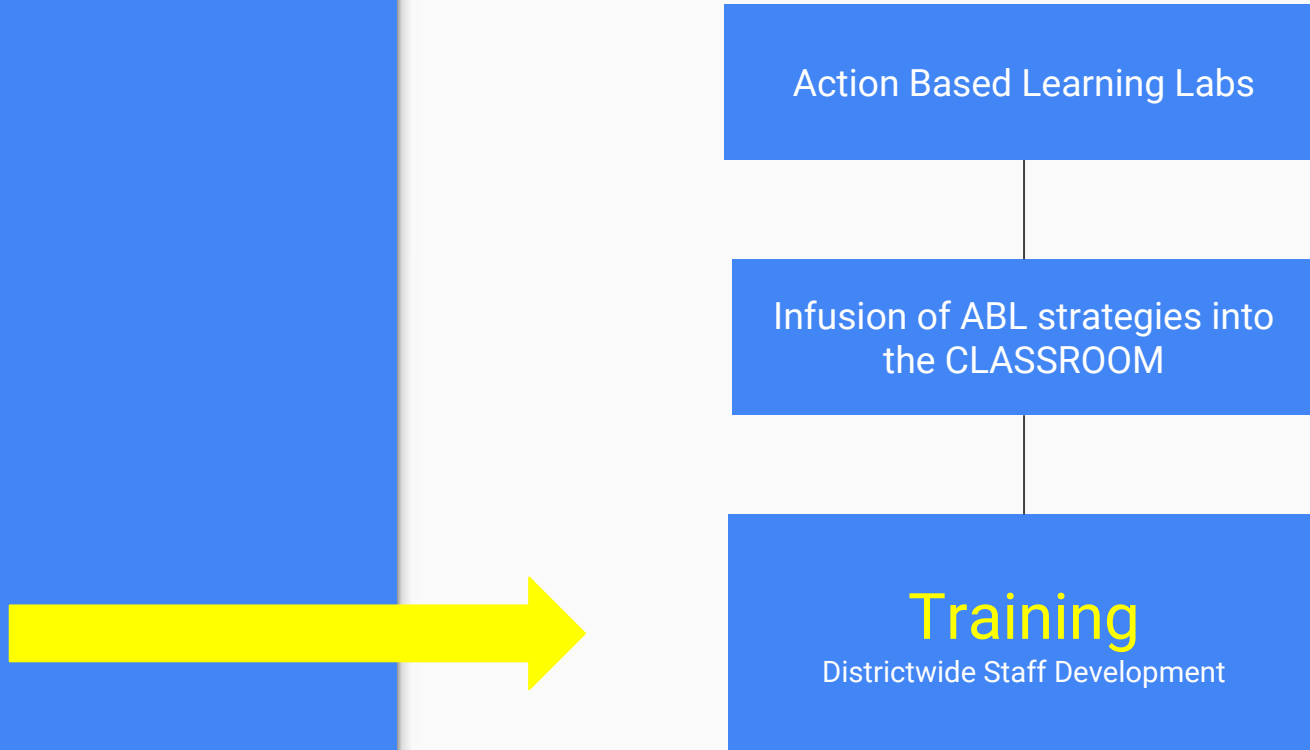
School Spotlight

"My dream was to create a space in our school devoted to movement during instruction," Brunazzi said.

Learning occurs across a variety of subjects in this room. Students review basic math facts while balancing on discs; learn vocabulary words with flashcards while on stability balls; practice spelling by tossing a ball around a circle; read a book while standing on a balance board, or work on writing a narrative while bicycling at the pedal desk. "It's definitely not supposed to be their recess, not to be their gym. It's active learning," said Brunazzi, who previously taught fourth grade.



Infusion of Action Based Learning into FBISD is a 3 Part Plan:



All Inclusive Manuals for ABL Program



Action Based Learning Lab Manual provides step by step guide from introducing Action Based Learning, why and how it is beneficial to learning, and Implementation! Setting up action based learning stations, classroom management, station activities and progressions

Classroom on the Move Guide- Using Kinesthetic Furniture to Create a New Age of Learning - Guide to implementing Kinesthetic Classroom Desks into the existing curriculum, activities for using the desks, and classroom management, and tips and techniques for increasing student success through movement!



action
based
learning



Acton Based Learning training for passionate teachers, principals, administrators, and health professionals to attend our National Training Events! Fulfill your passion and purpose and change the way we teach our children! Every school and every educator has the same dream for their students: well behaved, better engaged, more attentive students- use the latest research to make education more effective. Brain science shows that if a child is sitting all day, they are missing out on vital movements to increase brain function and activity. This training is highly recommended For anyone who wants to become a game-changer in the world of children's health and education.

Professional Development Training

ABL Classrooms: Well Behaved, Better Engaged, and More Attentive Students

- In order to achieve increased engagement in the classroom, decrease negative behaviors and increase academic success, it is critical to understand the benefits of the 12 foundations as they relate to positive classroom outcomes. For example, a student who is having difficulty with cross lateralization skills will also have trouble with placing words on a page, reading from left to right and writing patterns in sequence. A child who is having trouble reading may not be able to crawl. ABL helps you to understand the connections between the brain and body so you can provide your students with the tools they need to excel.

Objectives

1. Understand the 12 Foundations of Learning
2. How to Create an Optimal Learning Environment
3. Assessing and Strengthening Developmental Gaps
4. Preparing the brain to Learn using Brain Based Strategies

Work with ABL Training Team throughout
ABL Lab Implementation -
“TRAIN THE TRAINER” MODEL



Certificate of Completion



THIS CERTIFICATE ACKNOWLEDGES THAT

ABL CHAMPION

HAS SUCCESSFULLY COMPLETED X HOURS OF CONTINUING
EDUCATION IN ACTION BASED LEARNING INSTRUCTION

*Jean Blaydes Moize*_____

ACTION BASED LEARNING

June X, 2019_____

Completion Date