



Station: **Lateral Snowboarder**

Brain Body Benefits:

*When information moves from left to right and front to back in the brain, it crosses midlines which integrates the brain hemispheres and organizes the brain.

Movements completed on the Lateral Snowboarder, that cross the midline, enlist more parts of the brain for well-developed attention systems.

*This type of cross lateralization movement aids the brain in placing words on a page, reading words from left to right and writing patterns in a sequence.

Other skills worked on at this station include static and dynamic balance, patterning and complex motor control. This is important for transferring information from three dimensional to two dimensional input or getting information from the brain to the page.



Sample Activity #1: Stand-N-Sway

Instruct the student to grip the side hand rails as they step onto the swinging foot platform. They should begin with a controlled lateral sway and gradually progress to wider movements from side to side as they become more comfortable.

Sample Activity #2: Downhill Skier Challenge

This activity may be completed individually using a flip chart with flash cards attached or with a partner who holds the flashcards while the other student is using the snowboarder. This activity can be modified to use spelling words, math equations, etc.

Sample Activity #3: Partner Ski

Have students pair up or group them in small teams. While one student is using the Snowboarder to answer flash cards, their partner(s) can be on a balance board, wobble board or spooner board showing the flashcards.