

PATHWAYS SURFBOARD



Neuroscience

There are muscles in our eyes that focus near and far and muscles that allow us to track left to right and up and down. These muscles should be strengthened in the same way as our arm muscles. Eye tracking exercises the muscles in our eyes to increase the length of time that the eyes can focus for reading.

Activities - Use Progressions, increasing Difficulty

Balance (stay centered on the board without either side touching the ground)

Eye Tracking + Balance (make the marble go back and forth by tilting board, this can be done standing or kneeling, progress to higher level by making the marble go smoothly in the figure eight)

Eye Tracking, Balance + Coordination (juggle using the scarves while balancing on the surfboard)

Eye Tracking, Balance, + Coordination paired with Learning -toss and catch while balancing on the surfboard and being quizzed by partner

Eye Tracking, Balance, + Higher Level Thinking Toss and catch while balancing and skip counting, saying alphabet. doing multiples, etc

Balance + Memory Recall (Balance on board while partner quizzes an academic concept (spelling words or vocab, math problems etc)