

We get information about where we are in space from our feet not our seat. Balancing activities challenge the brain to adjust its spatial orientation using the proprioceptive system

Balancing helps the brain to place words on a page, to read from left to right and to write patterns in sequence



BALANCE

Exercise benefits the brain by changing the brain at a molecular level. Since the brain does not produce its own fuel, it relies on cardiovascular exercise to pump oxygenated blood to the brain to use as fuel.

Physical activity and exercise change the learning state to optimize retention and retrieval of memory



CARDIO

The brain uses motor skills to lay the framework for learning. The brain's cerebellum controls motor skills, agility and coordination.

These concepts aid the brain in following the flow of words, sequencing patterns in math and reading, solving problems, and sorting information



RHYTHM/SEQUENCING

Developing the muscular system provides support for the relay of messages throughout the central nervous system. Oxygen can then flow freely, supplying fuel to the brain.

Upper body and hand strength allows the student to write for longer periods.



STRENGTH

10 DEVELOPMENTAL FOUNDATIONS OF LEARNING

OUR 3L MISSION: Continually striving to reach children who are Last in line, Lost in the school system, and deemed Least likely to succeed.

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.

Cross lateralization movement aids the brain in placing words on a page, reading words from left to right and writing patterns in sequence



CROSS LATERALIZATION

Eye (visual) tracking exercises strengthen the muscles in our eyes to increase the length of time that eyes can focus for reading.

These concepts aid the brain in encoding the stroke of each symbol of letters and numbers, following words from left to right and focusing on reading for longer periods



VISUAL TRACKING

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 transfer 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



FINE MOTOR SKILLS

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GROSS MOTOR SKILLS

Activities that develop the vestibular system coordinate the auditory, visual, and kinesthetic senses. Including spatial awareness, body control, dynamic balance, as well as locomotor skill development.

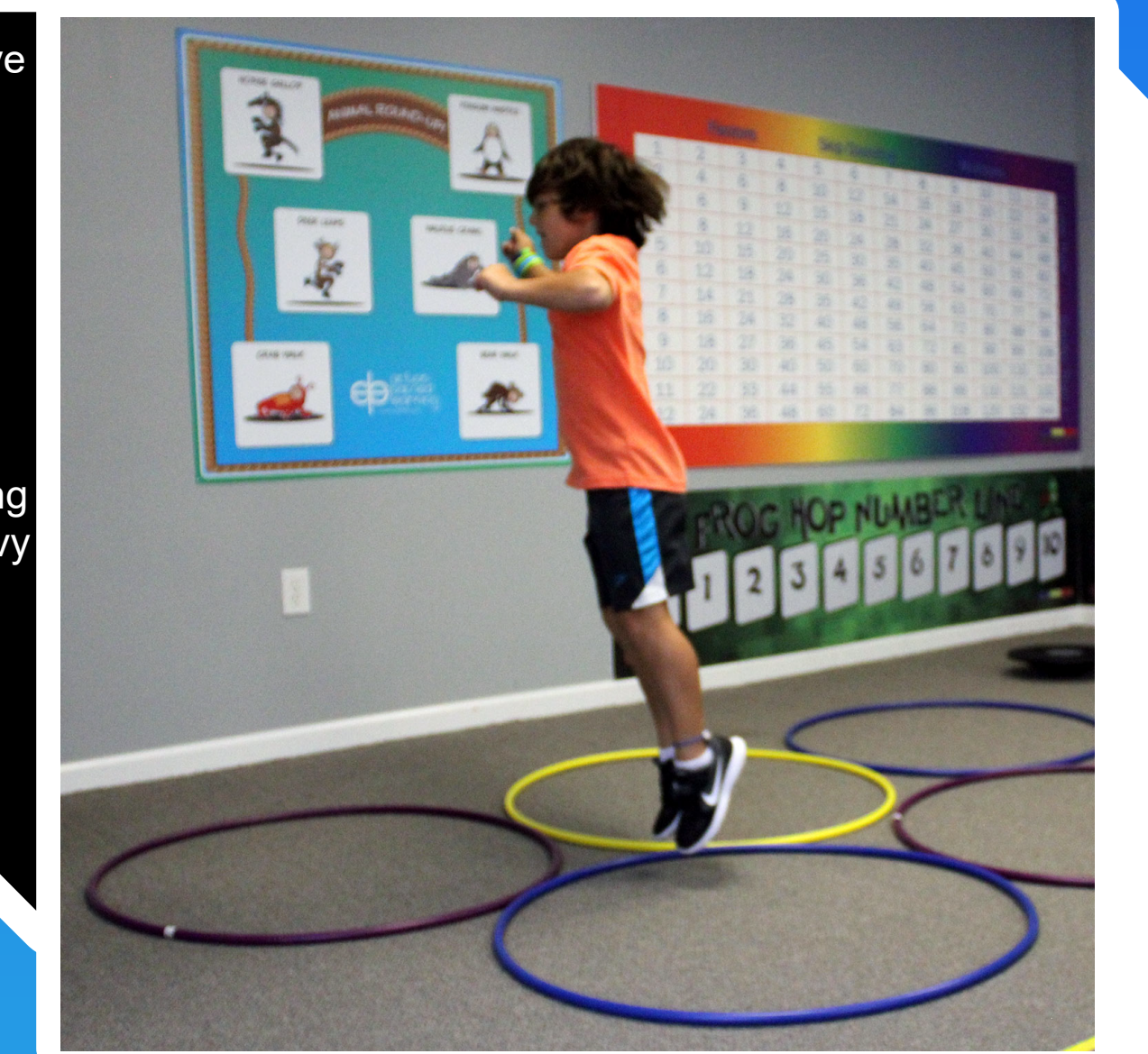
These concepts aid the brain in putting numbers or letters in sequence, discriminating different sounds, placing letters and words on a page, and writing letters in proper proportions.



VESTIBULAR

Proprioception is the body's ability to sense itself, to sense movement within joints and joint position. It is often described as the concept of knowing where your body is in space. (body awareness)

When we receive feedback/sensations from our joints and muscles this is considered proprioceptive input. We also obtain this input by lifting, pushing and pulling heavy objects.



PROPRIOCEPTION

CHANGING THE FUTURE FOR ALL CHILDREN BY INCREASING THEIR HEALTH, WELLNESS, AND EDUCATION THROUGH MOVEMENT



"The Future of the World is in the Classroom Today"

"ACTION BASED LEARNING fills the gaps in developmental learning"