Action Based Learning™

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Action Based Learning
The Brain Body Adventure LAB
For grades 3-6

The Action Based Learning Body Brain Adventure LAB benefits intermediate grades 3-6. The LAB combines a series of six stations, each designed to work on specific parts of the body. The content includes physical education standards, fitness components and academics. The concept is based on the brain science that supports the link of physical fitness to improved student academics.

Station One: Coordination for Brain Organization BODY
Integration of brain hemispheres, coordinative movement, cross lateralization, coordination of body systems, better brain communication
Examples of activities: Gotcha, Stomp Clap, Tiles, Twist and Shout, Jacks, Ladders, Juggling, Jump Rope, Hula Hoop

Station Two: Spatial Awareness for Motor Skills LEGS
Sequencing of complex motor skills, Dynamic balance transfer, locomotor and non-locomotor skills, patterning, directionality, problem solving, joint compression, levels
Examples of Activities: Egg Roll, Skipping patterns, Locomotor Charades, Sparks of Speech, Jump and Land, Tinickling, Plyometrics

Station Three: Body Control for Fitness MUSCLES
Flexibility, muscular strength and endurance, upper body strength, core strength
Examples of Activities: Green Eggs and Ham, Scooters, Medicine balls, Pump Pump Shuffle, Group Sit ups, Washing Machine, Fitnessgram components

Station Four: Visual Motor Control for Eye Hand, Eye Foot Coordination
HANDS FEET
Encoding symbols and words with the ABC Pathways Mat, development of visual fields including peripheral vision; beat competency and beat awareness
Examples of Activities: Scoop Multiplication, Bounce Catch, ABC Pathways Mat

Station Five: Ocular Pursuit for Cerebellular Training EYES
Tracking of a moving object, development of visual fields, improved reaction time, transition from novice to mastery stage, skills of toss, catch, throw, aim, strike, kick, bounce, dribble
Examples of Activities:Place Value Buckets, Shadow Ball, Number Ball, Soccer, Bowling, Lacrosse, Tennis, Handball, Golf, Hockey

Station Six: Balance for Focus and Concentration BONES
Higher level of static and dynamic balance skills on a variety of surfaces and equipment, complex motor control, spatial awareness, proprioreceptors
Examples of Activities: Crate balances. Machines and assembly line, balance beam, Ladder, balance board, Indo board, Golf tubes

Station Seven: Cardiovascular Fitness for Neurogenesis HEART
Individual, partner, group challenges, goal setting, cooperation, personal best
Examples of Activities: Tortoise and Hare, Partner Challenge, ABC Fitness, Active Story Telling, Jump Rope, Exergaming equipment

STATION Eight: Kinesthetic Academic Reinforcement BRAIN
Using all of the skills in the previous stations combined with academic focus to reinforce cognition
Examples of Activities:
Math Reading Science, Social Studies