



Literacy

and

MOVEMENT

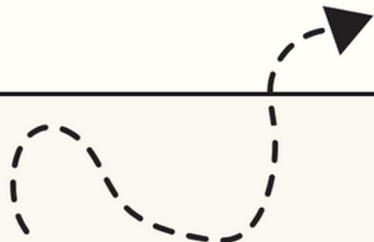
When Reading is the Adventure





Introductions



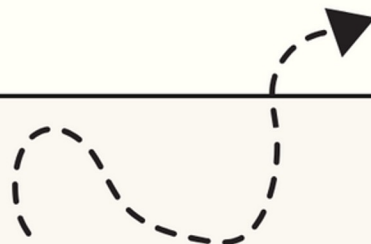


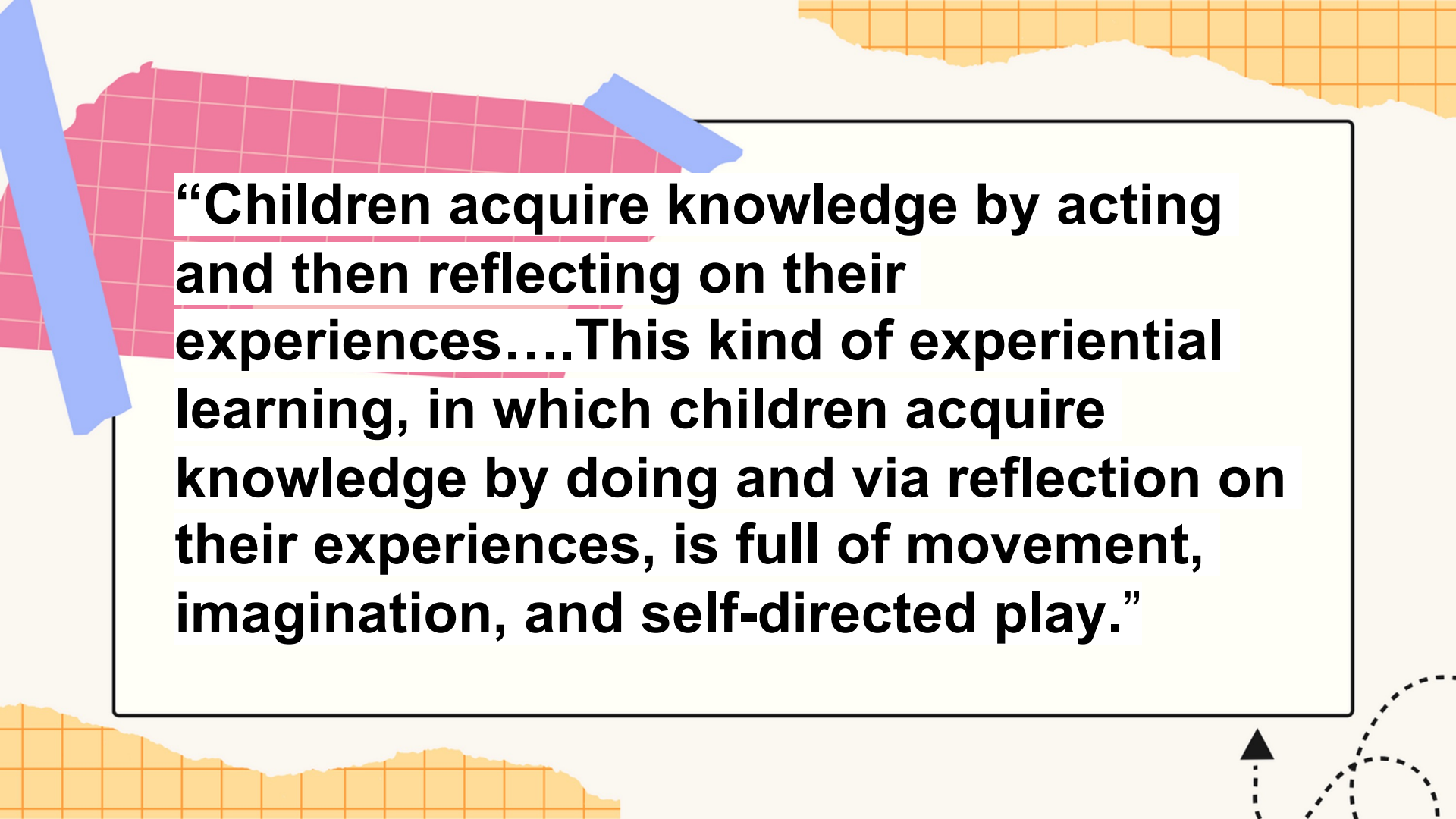


“A growing body of evidence also suggests a relationship between vigorous and moderate intensity physical activity and the structure and functioning of the brain. *Children who are more active show greater attention, have faster cognitive processing speed, and perform better on standardized academic tests than children who are less active.*” - Institute of Medicine of the National Academies











“Children acquire knowledge by acting and then reflecting on their experiences....This kind of experiential learning, in which children acquire knowledge by doing and via reflection on their experiences, is full of movement, imagination, and self-directed play.”






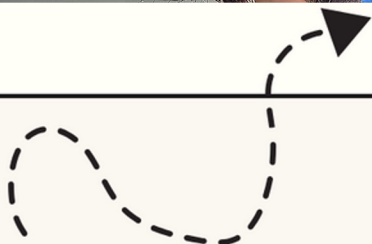




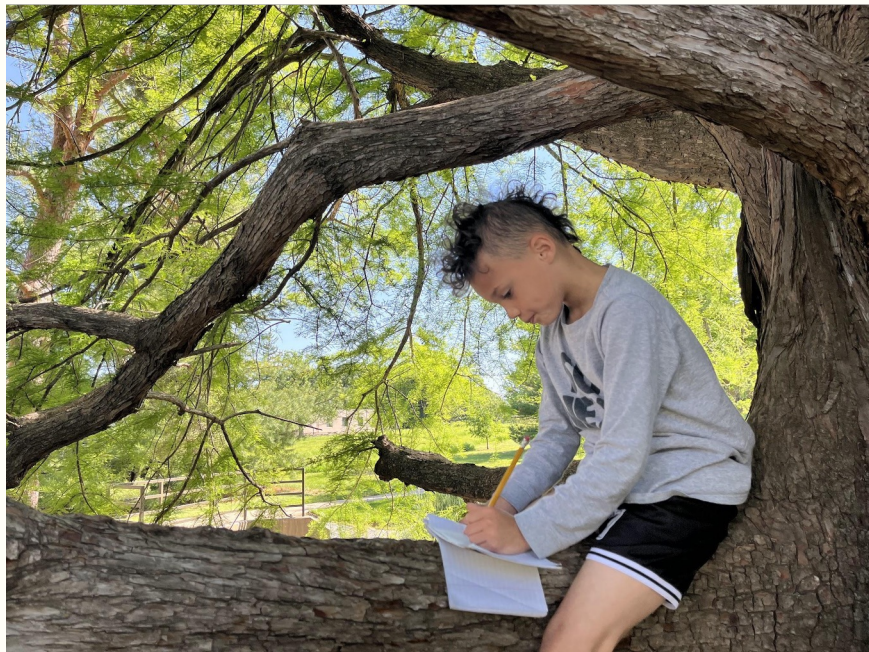


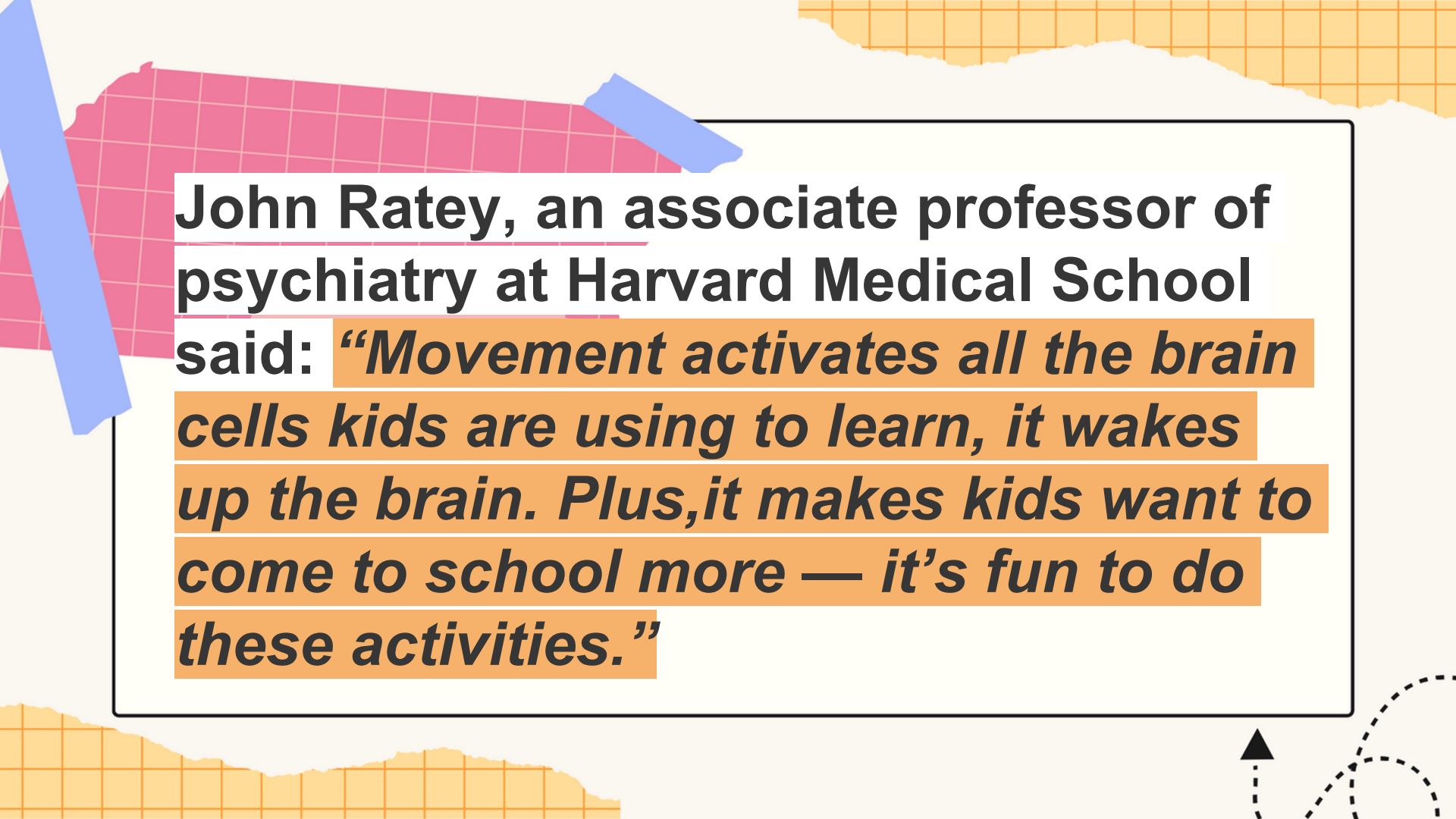
A study released by Lund University in Sweden shows that students, *especially boys*, who had daily physical education, did better in school.





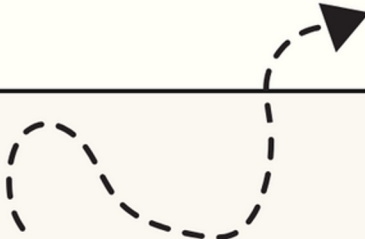




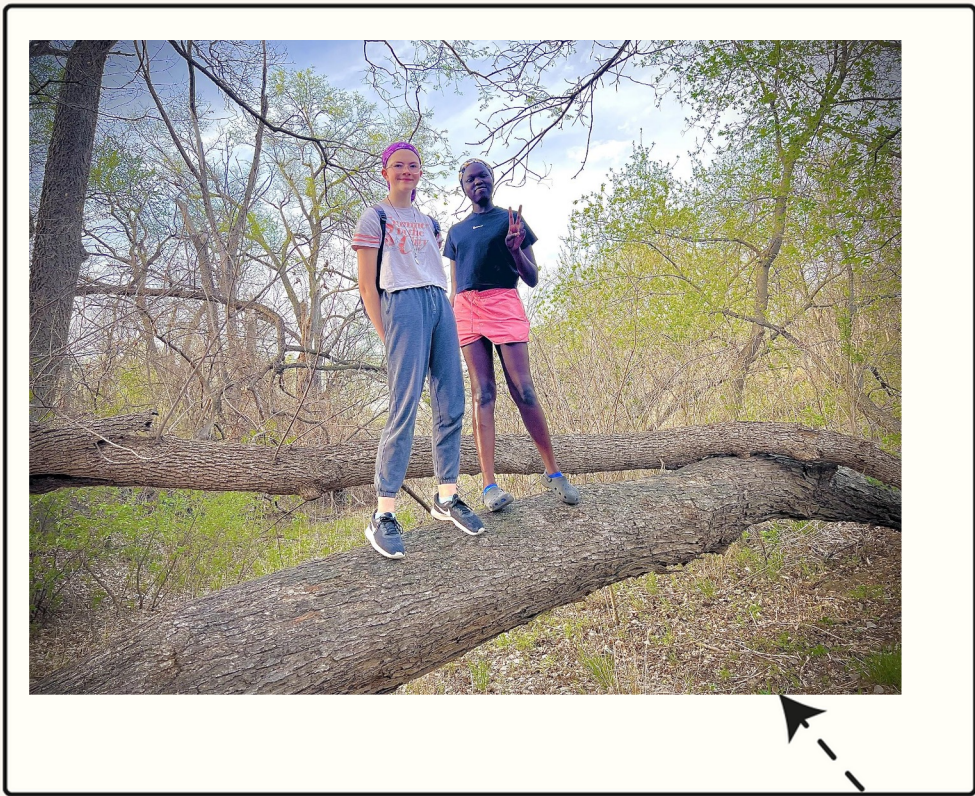


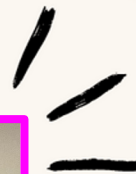
John Ratey, an associate professor of psychiatry at Harvard Medical School said: *“Movement activates all the brain cells kids are using to learn, it wakes up the brain. Plus, it makes kids want to come to school more — it’s fun to do these activities.”*

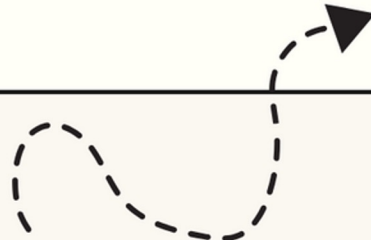






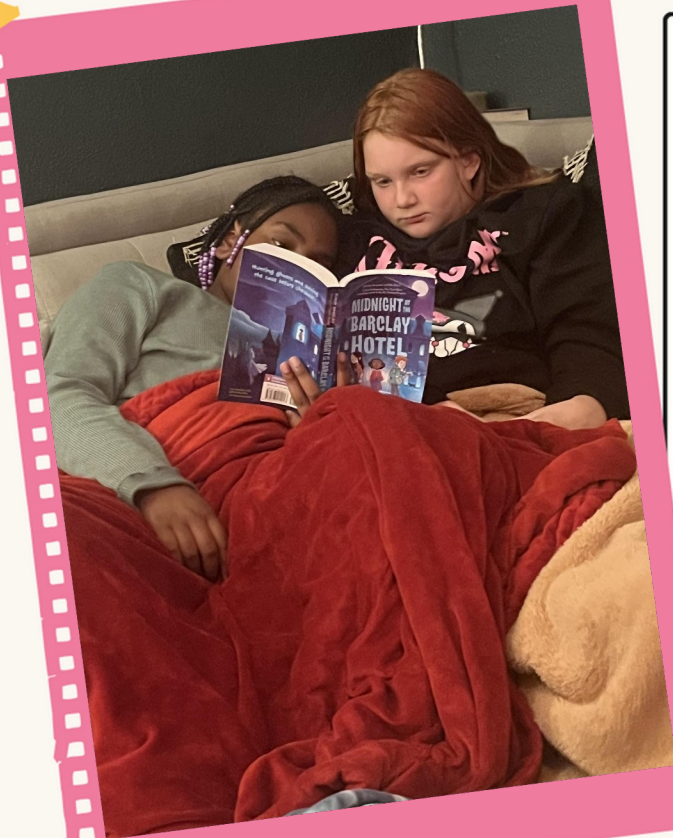






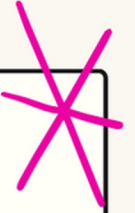
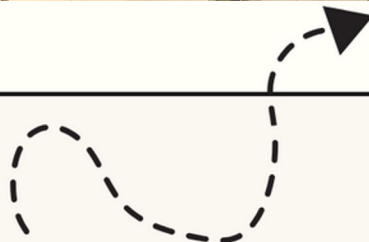
If a teacher's goal is to create an environment where all students can learn and thrive, then the educational community must recognize the importance of applying cognitive and neuroscience research and theory in the learning process. *Movement is one of the underlying components of brain-based learning* -Prigge, D. (Twenty ways to

promote brain-based teaching and learning. *Intervention in School and Clinic, 2002)*









**Researchers looked at 39 studies of play that found *when children ages three to eight engage in guided play, they can learn just as much in some domains of literacy and executive function as children who receive direct instruction from a teacher or adult.* ...Guided play, unlike free play, means there is a learning goal set by an adult and children are ‘gently steered’ to explore.”-
Hechinger Report, March 2022**









ashlarson2

Tim Halperin - Where The Adventure Begins







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