### **Enhance Academic Achievement with Brain Based Movement Activities.**

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#### How we got started:

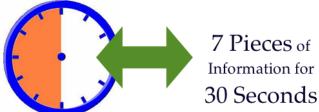
- a. Visited the schools
  - a. Meet with Laurie (Math Specialist)
  - b. Visited 6 schools!
  - c. Asked for volunteers at the schools in grade 3
- b. Summer writing with Dr. Debby
  - a. Re aligned GEO math lessons with Everyday Math and National math standards.
- c. Implemented a summer work shop for credit to promote physical activity in the classrooms.
- d. Visit the Author-Denver, CO.

#### Rule # 1 Exercise Boost Brain Power!



We are NaTuRaL

## Rules # 4 & 5 Short and Long Term Memory



Rules # 4 & 5 Short and Long Term Memory:

10 year journey



Get them to pay attention by setting the hook them with predictions, emotional connections, past experiences and patterns.



Repeat to Remember

Hook! 30 Seconds Attention Please!

20 Minutes Content A: Show/Tell/Do

20 Minutes Content B: Show/Tell/Do

20 Minutes Content C: Show/Tell/Do

20 Minutes Cardio/Activity

## Rule # 10 Vision trumps all other senses!



Ve are

**FiRsT** 

? What does this look like for you? Pair Share...



boosts brain power

Move to Improves=!

Does what we do, how we do it and what we say matter? Dr. Jo



# ThAnK yoU for coming!

