



Importance of Physical Activity and Movement

According to Dr. John Ratey (Harvard Medical School), to improve our brains, we have to move our bodies. Exercise or physical movement generates a greater number of connections between neurons.

Emphasize vocabulary

Words are the building blocks of literacy. Using developmentally appropriate methods and varied experiences help students expand their knowledge of vocabulary. Most words are abstract and not concrete until children experience them. GeoMotion Learnercise utilizes a chart of movement terms to include in daily activities to enrich their literacy exposure.

Have fun with language!

- If children are able to move and act words out, more brain connections will be made. **Example:** *Go to the S and shake. Go to the B and bounce like a ball.*
- Change the words to songs and stories they know to enrich their experiences (Old McDonald Had a Color Farm, I know a Smart Woman, Hickory, Dickory Dock around the Clock).
- Utilize rhyming words (Cat sounds like bat, and so do mat and hat).
- Say as many words that start with the same sound as you can think of (bat, broom, bounce, buzz, blue).

Utilize Music

Music with a beat can be used to strengthen vocabulary, knowledge of basic facts, skill in producing speech sounds, listening comprehension, and other basic skills.

Curriculum created and developed by GeoMotion Group, Inc. Founder and President: Dr. Debby Mitchell.

Music created by Music with Mar., Inc.



Movement Based Academics

EARLY CHILDHOOD

Improved
Test Scores
30%

AWARD WINNING
METHOD

Meaningful Movement + Fun = Increased Brain Functioning

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MOVE

LEARN

FUN

Movement Based Academics

We must ensure that **ALL children** enter school ready to learn.

Learning math concepts and the ability to read, write, and problem solve are critical for success in school and throughout life. In the early childhood days, children should be given experiences that will get them "ready" to learn academic concepts.

GeoMotion offers **Learnercise**, which provides opportunities for participants to learn while moving or exercising. The curriculum is designed to enhance learning, school readiness and school success.

Learnercise is based on knowledge from neuropsychology and brain development. The curriculum uses multiple pathways to "wire the brain" that leads to deep contextual learning.

Program Highlights

- Based on colorful Learnercise mats (36" x 36") that provide multi-sensory fun activities so children are actively engaged in the learning.
- Curriculum is designed using a movement chart with activities to prepare for reading, literacy and math success.
- Enhances academic achievement through movement by increasing brain function and motor coordination.

Learnercise Clock Mat

- Numbers
- Balance
- Shapes
- Time Concepts
- Colors
- Motor Skills



Learnercise Phone Mat

- Numbers
- Colors
- Alphabet
- Directions
- Balance
- Motor Skills



Learnercise Nutrition Mat

- Food Groups
- Colors
- Balance
- Types of Foods
- Motor Skills

