



WALKABOUTS PLATFORM™

**Boost your curriculum
with physical movement
for better behavior and
academic performance!**

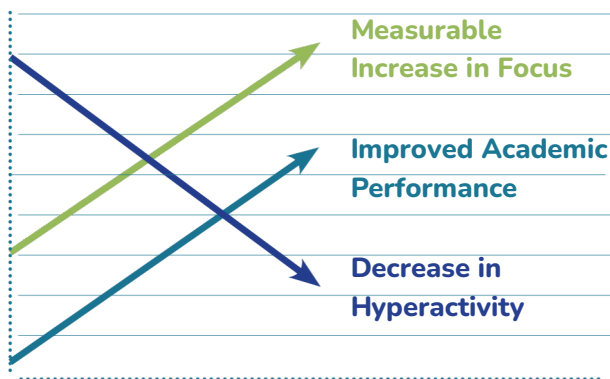
What is the Walkabouts Platform?

The Walkabouts Platform is a web-based supplemental learning tool for pre-K to 5th grade students that includes four components: Walkabouts, 180s, Worksheets, and Moves.

Research and Results

ActivEd co-founder and CEO Dr. Julian A. Reed is among the nation's leading researchers studying health and academic achievement. His team confirmed that integrating movement into elementary curricula leads to improved behavior, greater cognition, and higher scores on achievement tests.

Research on Walkabouts



Vazou, S., Long, K., Lakes, K.D. et al. "Walkabouts" Integrated Physical Activities from Preschool to Second Grade: Feasibility and Effect on Classroom Engagement. *Child Youth Care Forum* 50, 39–55 (2021). <https://doi.org/10.1007/s10566-020-09563-4>



Teachers Surveyed About the Platform

98% of teachers agree using physical activity to teach math and ELA/literacy concepts is important for students

96% of teachers agree using Walkabouts helped students learn math and ELA/literacy concepts

96% of teachers agree that Walkabouts improved their students' cognitive abilities

91% of teachers agree the Walkabouts Platform has improved their students' behavior

Sample size for teacher survey is (N>500)

Teacher Testimonials

Jennifer Brown
(VA)

"By doing our regular Walkabouts in the different subjects, I've seen improvement. If we do it more than once, the more students grasp it, the more confident they become in their ability to understand a topic."

Julie Greer
(SC)

"Walkabouts actually help a lot with classroom management."

Samantha Forester
(MN)

"Walkabouts, along with Worksheets, help improve learning and behavior."

Research and Results

To learn more about the research behind the Walkabouts Platform, visit:
www.walkabouts.com/research/