

Moving and Learning

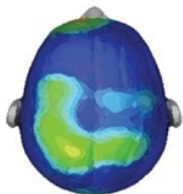
The Power of Movement and Physical Activity in the Elementary Classroom

Movement isn't a break from learning—it's a catalyst for it.

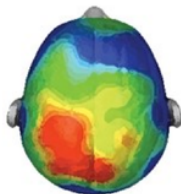
Research shows that movement during learning

- ↑ Increases cerebral blood flow
- ↑ Builds new neural pathways
- ↑ Strengthens the hippocampus for better memory

Composite of 20 Student Brains Taking the Same Test



After 20 Minutes
of Sitting Quietly



After 20 Minutes
of Walking

Research/scan compliments of
Dr. Chuck Hillman, University of Illinois

About the Brain Scans

Blue = low activity
Red/Orange = high activity

Active Classrooms

- ✓ Concepts are more meaningful.
- ✓ Students are more engaged.
- ✓ Focus and understanding improve.



Physical activity in the classroom supports:

- ↑ Collaboration
- ↑ Confidence
- ↑ Mental fitness and well-being



When movement is part of the lesson,
learning comes to life.

