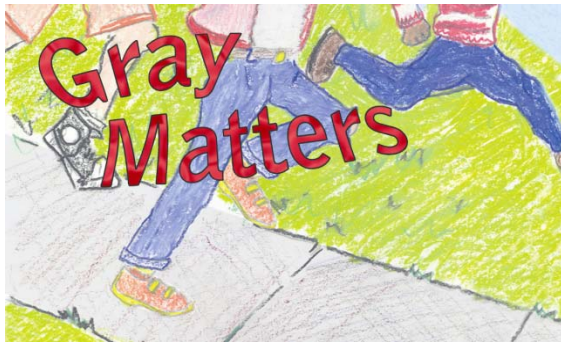


The Top Ten Things Everyone Needs To Know!



Kim Bevill

Gray Matters 303-386-3628

1. Mindfulness, Meditation

2. Controlled Stress Environment

3. Sleep and Nutrition

4. Movement

5. Music

6. Play

7. Gender

Why is it important to address gender?

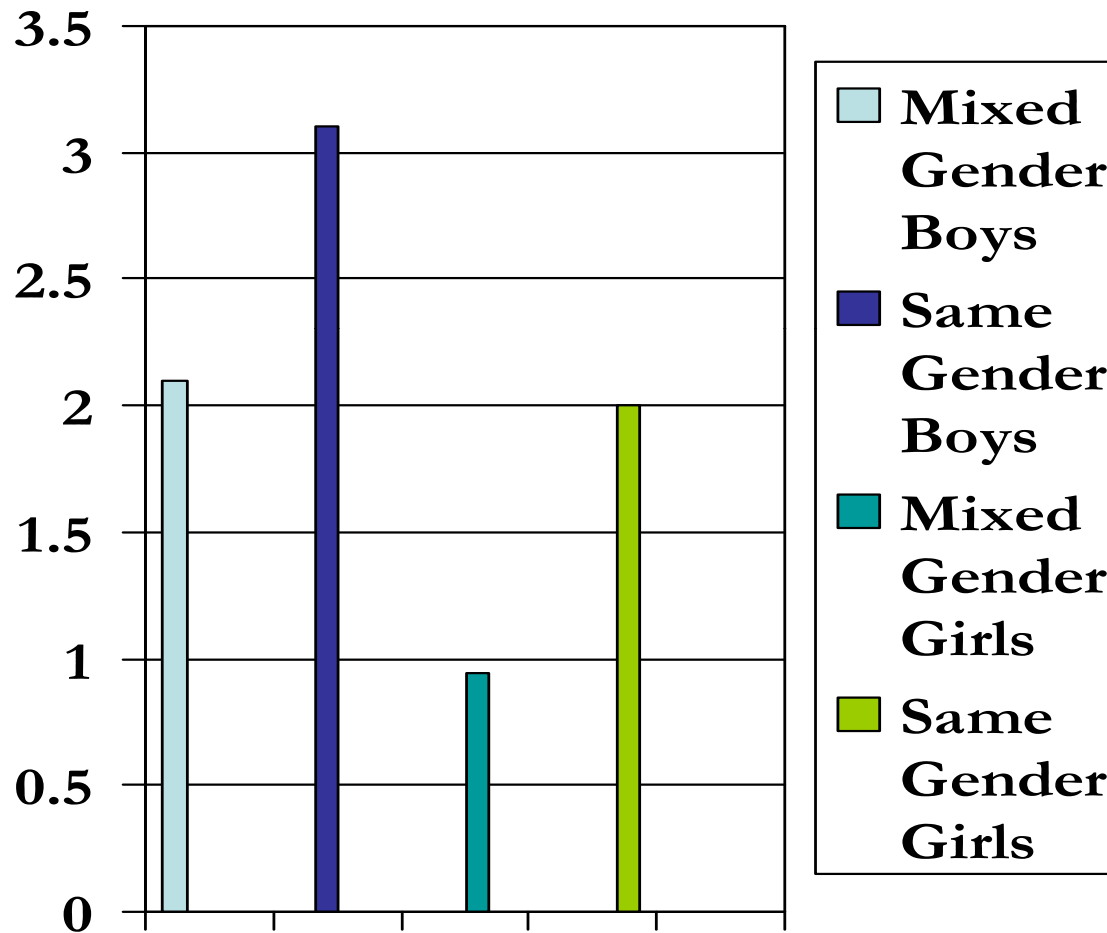
Rock Ridge Elementary...Denny Ingram 2005 / 2006 CSAP Writing Scores

Grade Level	Boys	Girls	Gap
Third	45%	58%	13 points
Fourth	36%	78%	42 points
Fifth	68%	86%	18 points
Sixth	61%	76%	15 points

NWEA/MAPS Testing

- Students were MAPS tested in September and again in May.
- The following graphs represent the average points of *growth* in each class.

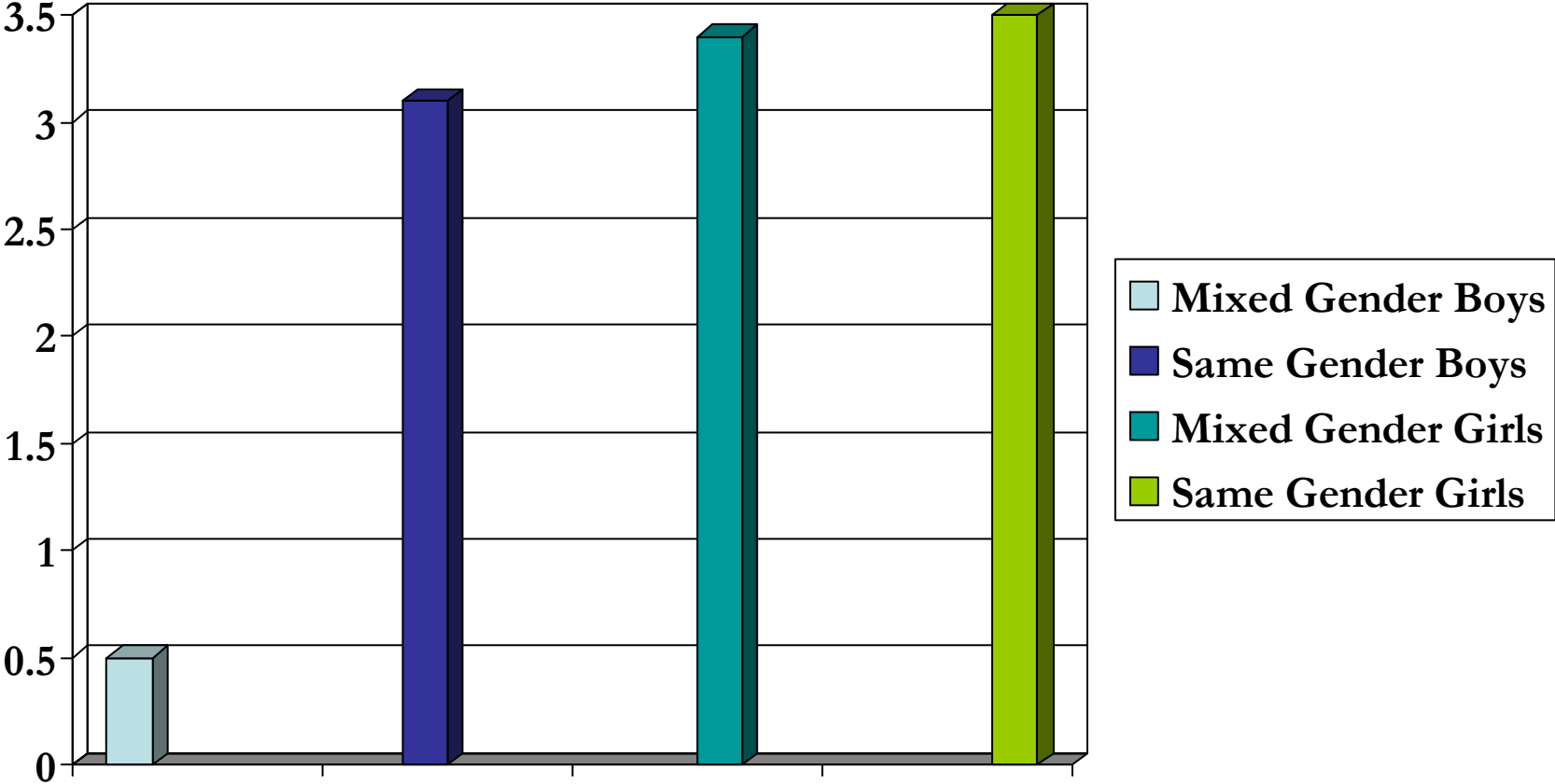
NWEA/MAPS Reading Scores



A normal year of growth

- .4
- A Great Year of Growth would be 1.0
- Unbelievable.....2.0
- Rock Ridge Elementary growth?

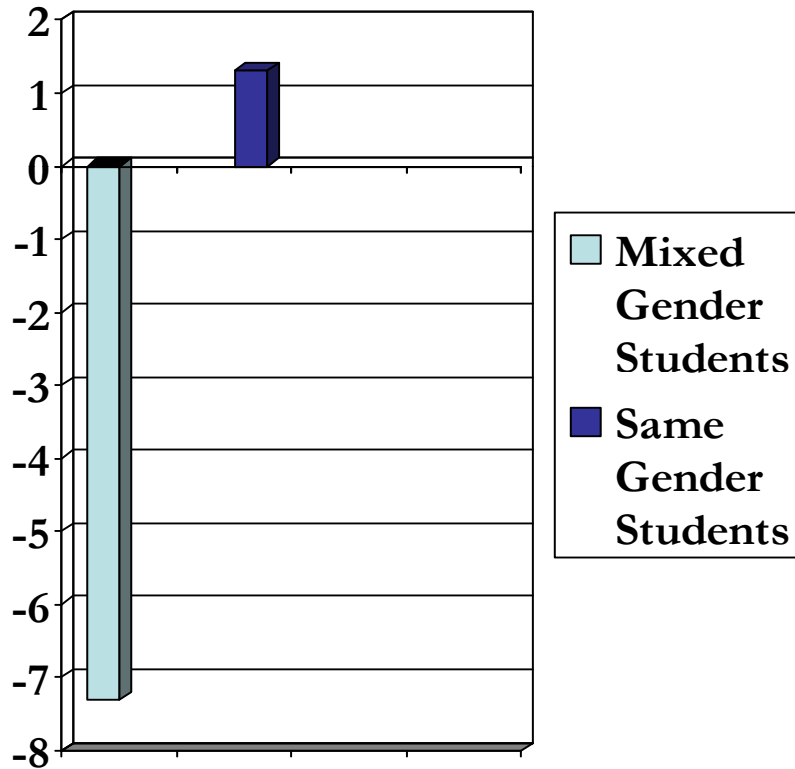
NWEA/MAPS Language Usage



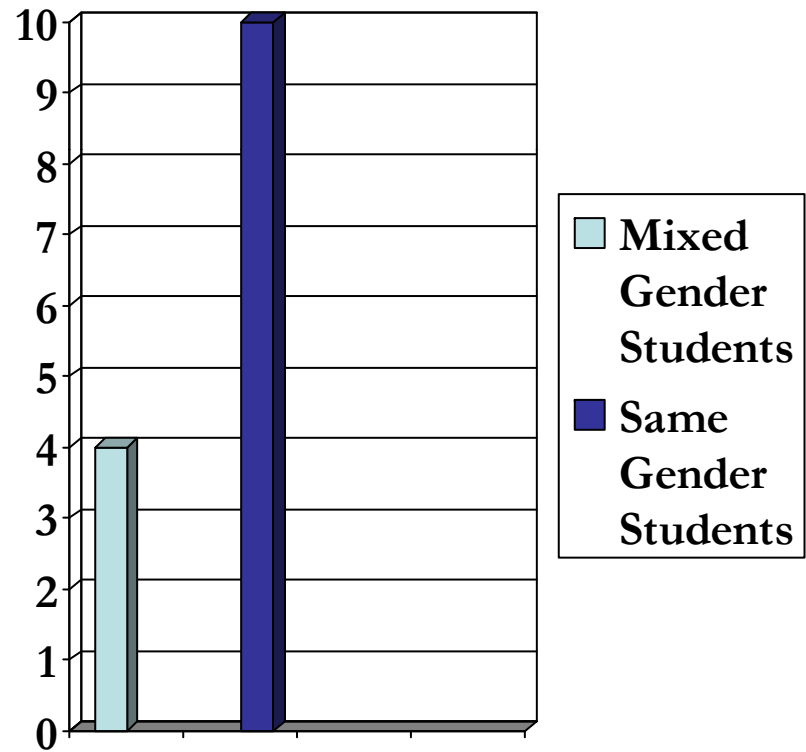
Rock Ridge's Boys' Growth was 2.7

SPED Growth

Language Usage



Reading



What did they do???????

To Answer this we must examine a few differences in preferences and corresponding NEURAL structural differences.....

Extreme Risk Taking can protect against drugs!

Research on Movement in Every Classroom at every Level!

Activity

Movement

Games

- Improves academic performance
- Stimulates our natural learning
- Maintains energy levels for students AND TEACHERS



Without it the brain can't focus

- Increases blood flow to the brain
- Increases the flow of oxygen
- Decreases feelings of lethargy and boredom
- Increases energy
- Decreases stress
- Creates community
- Decreases aggression and bullying behaviors

Movement and Games stimulate Executive Function

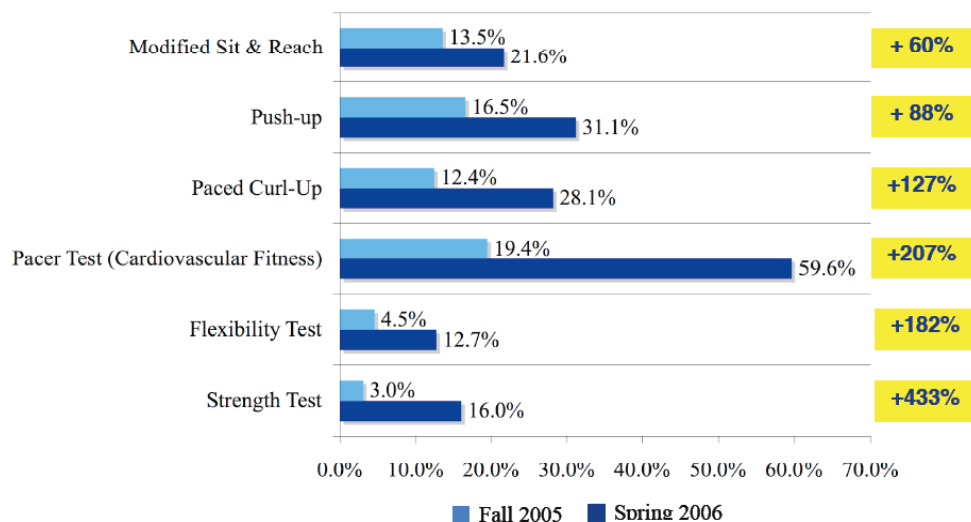
- Planning
- Cognitive “manipulation”: of language, memory, learning, reasoning...
- Abstract thinking
- Rule acquisition
- Initiating appropriate actions
- Inhibiting inappropriate actions
- Selecting relevant sensory information

Dance Dance Revolution

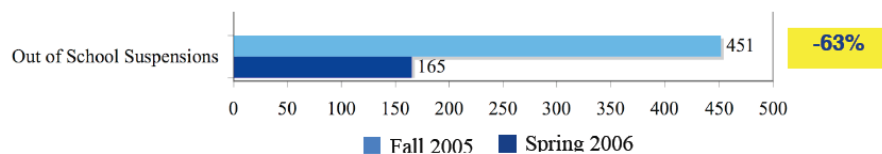
- PE4life has sponsored a study in California of almost 1,000,000 children and followed their fitness and academic scores
- Found that children made the most significant gains in Math (highest growth) and Reading (second highest growth)

GROUP REPORT
Grades 4 and 5
Fitness Gram Results: Fall 2005 – Spring 2006

Percent of Students in Healthy Fitness Zone



Percent Reduction in Disciplinary Issues



In the fall of 2005, this elementary school had PE one day per week of 50 minutes. This year Jan-June 2006 a PE4life Program was offered five days a week at 45 minutes.

The changes are remarkable. This is an inner city school with 80% of kids on free lunch program, mostly Hispanic and African American heritage.

The PE4LIFE added elements were cardiac monitored watches, Dance Dance Revolution, a few exercise bicycles, and a small number of fitness machines. Mostly what was added was a new attitude.

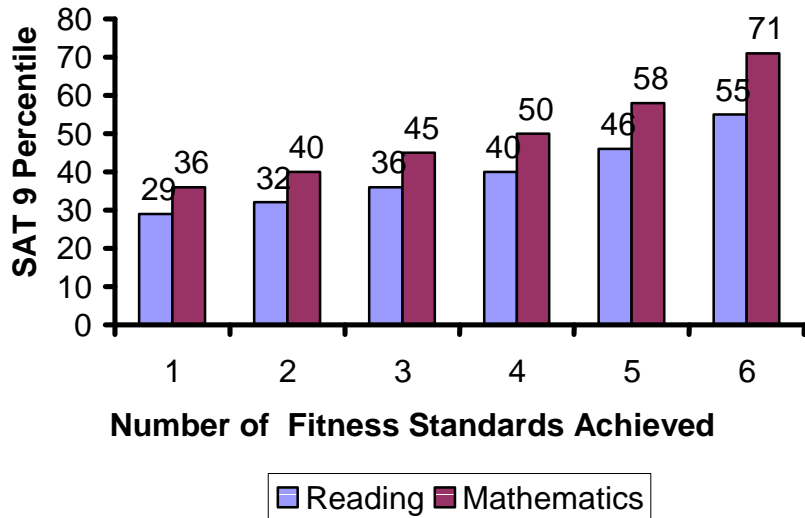


Huge sample size...884,715

- Found a consistent positive relationship

...Increased fitness scores mean improved academic achievement.

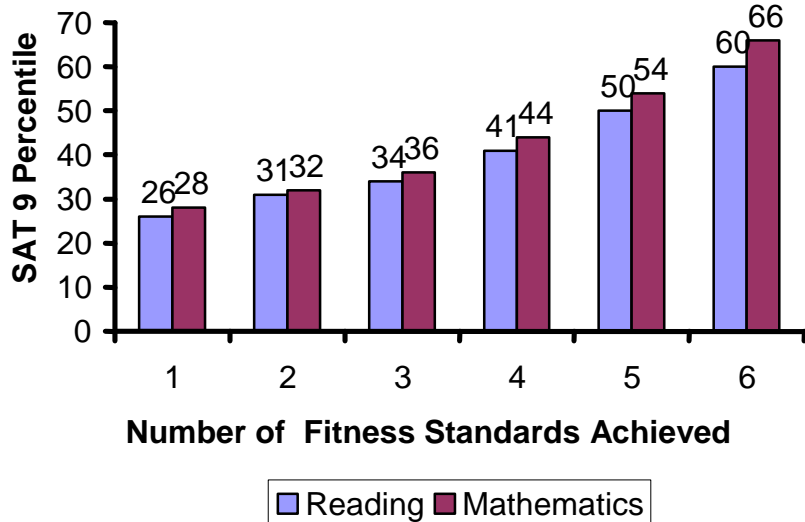
2001 Grade 5 SAT 9 and Physical Fitness Scores



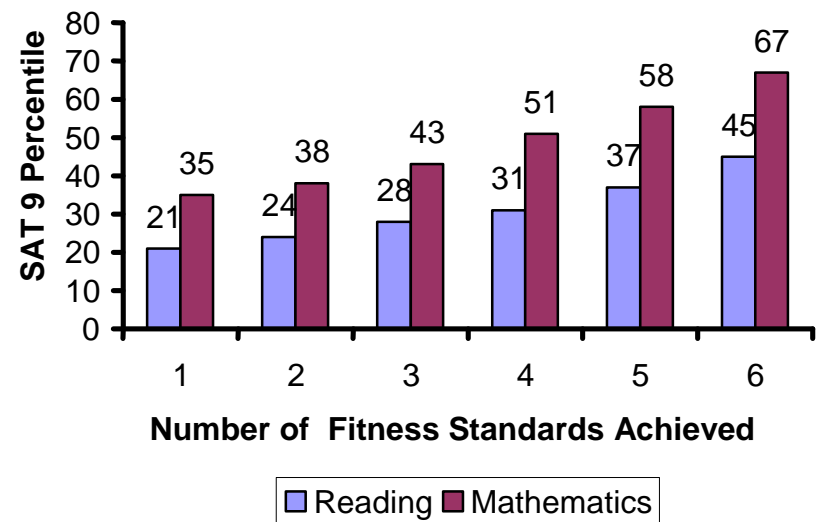
■ When the overall fitness score was compared to mean SAT/9 reading and mathematics scores, there was a consistent positive relationship between physical fitness and academic achievement

<http://pe4life.org/research.php>

2001 Grade 7 SAT 9 and Physical Fitness Scores



Grade 9 SAT 9 and Physical Fitness Scores



Dance Dance Revolution DDR

- You will need a machine to play the video game: Playstation I/II/III, Wii, XBox etc.
(get a used, game store, ebay, donation)
- The video game is DDR I/ II (\$50-60)
- Hook to a tv in your room or a projector

8. Laughter

9. Community

10. Compassion