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Movement Zones for Better Learning

Rosa Parks students benefit

Fourth grader Day'Anah is stressed over a new teacher and sometimes doesn't want to come to school. When she does come to class, "sometimes I get bored and need movement to wake up."

Day'Anah's recognition that physical activity plays a role in academics has fueled her interest in the Rose Parks Elementary Learning Center's new movement zone, developed by The Shadow Project, a non-profit serving Portland Public Schools.

"Many of my students like Day'Anah are starting to gauge what they are feeling, and they know what they need to do to calm down and focus, so they can get back to class," says Rosa Parks Learning Center Teacher Kim Giarelli.

Kids need regular movement to be successful in school. In addition to the health benefits of physical activity, movement breaks can help students regulate their behavior, and they are then better able to engage in class and retain information.

In Ms. Giarelli's room, students in grades four and five now have access to a stationary bike, a fit board, a trampoline, and a crash pad for timed breaks.

"The bike is my favorite," says Day'Anah. "It helps me to concentrate at school."

In another learning center classroom, students in kindergarten through third grade




Physical activity breaks up the day and helps Day'Anah keep her focus at Rosa Parks Elementary's new Movement Zone, a literacy space developed by The Shadow Project, a non-profit serving Portland Public Schools.

utilize a weighted lap pad, balance beam, trampoline, crash pad, tunnel for crawling, and squishy balls for shooting indoor hoops.

helping," says Ms. Giarelli. "I see the kids really exerting themselves to improve, not just going through the motions. We are already seeing the benefits."

"The movement breaks are



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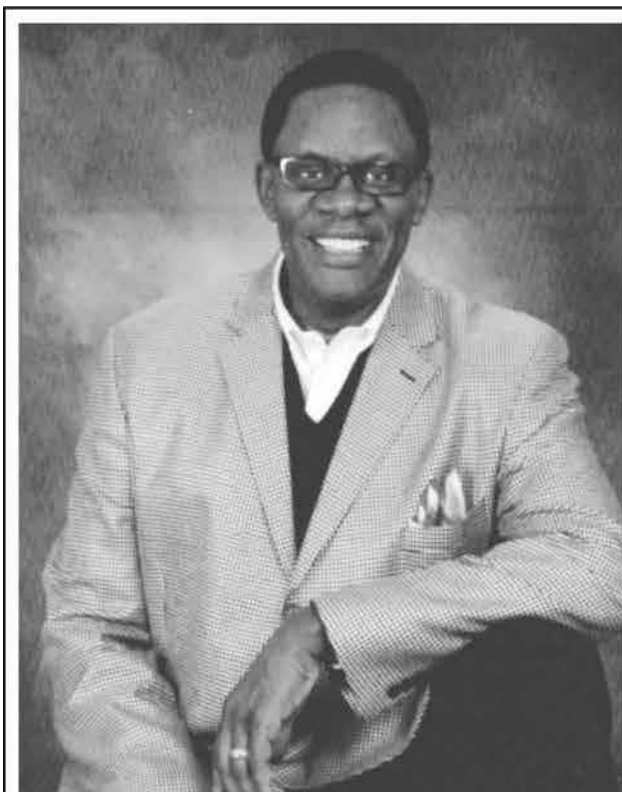


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