

PRESS RELEASE



Linking Movement To Learning: P.E. Class Strengthens Brain, As Well As The Body

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Tampa, Fla.

As teams of third grade students at Independent Day School run inside Corbett Hall during a recent physical education class, their main goal is to complete a checklist of aerobic activities. They know that they are exercising their bodies and their hearts as they perform jumping jacks and caterpillar crawls, but their attention is on a fun and engaging, new game.

Meanwhile, as the IDS physical education team consisting of Adam Chumbley, Kyle Fenton, Kathy Folen, Robert Heller and Amanda Jankowski coach and encourage the children their goal is twofold. They want their students to reap an abundance of fitness benefits from their workout, yet they carefully plan their lessons so that students' brains also have the opportunity to develop and make connections with academic areas.

Independent Day School - Corbett Campus (IDS-CC) has developed an international reputation over the years as a model school when it comes to embracing and integrating innovative instructional techniques that are based on the cutting edge research about the brain and learning. That integration occurs every day, in every classroom and during every activity - including in the gym and on the playing fields during physical education classes.

For example, to the casual observer, the cooperative fitness activity being played this day may look simply like aerobic exercises packaged as a fun game with some friendly competition mixed in. Students laugh and play as they run, jump, crawl and toss basketballs. After the individual teams complete this checklist of physical activities, the students then work together to copy a design made from a variety of pieces of equipment such as hoops and balls. Relying on memory to recreate the design and needing to pay meticulous attention to detail, the students use a wide variety of essential life skills during the activity - creativity, problem solving, cooperation and persistence.

To the highly trained eyes of their physical education teachers, the brain-based physical education activity is supporting and accelerating academic learning.

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“Research clearly shows that physical movement has a direct effect on our ability to learn, think and remember,” says Folen. “Glucose is food for the brain. Vigorous activity brings glucose and oxygen, which are essential for learning, to the brain. Exercise also increases nerve connections. All of this gives students an advantage for learning.”

“We are always integrating the latest breakthroughs in physical education into our curriculum,” said Chumbley. “This activity is just one example of how we use the power of physical activity to enhance learning. Add the life skills and teamwork components of this game to the physical aspects and you have a power-packed P.E. lesson that strengthens the body as well as the brain.”

Research breakthroughs and accelerating the learning process aside, for the students it’s just PE. And that means playing games and having fun.

Founded in 1968, Independent Day School - Corbett Campus is a fully accredited, independent school located in northwest Hillsborough County with 550 students from Pre-K3 through 8th grade. At IDS, all children experience learning in a nurturing and highly academic environment focused on excellence and developing a positive self-concept. IDS-CC has become recognized as an exemplary school with over 2,000 visitors observing and learning from and with IDS-CC teachers. For more information about IDS visit <http://www.idsy.es.com>.

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