

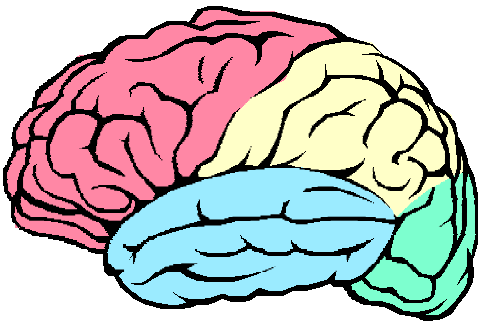
Jean Blaydes Madigan
Cindy Hess

Action Based Learning™ Lab

Overview

ActionBasedLearning.com
[Action Based Learning™ Lab](http://ActionBasedLearning.com)

The concepts in the Action Based Learning™ Lab are based on the brain research that supports the link of movement and physical activity to increased academic performance. The Action Based Learning™ Lab targets the young developing brain ages 4-7 years. However, the Action Based Learning™ Lab benefits all students for remediation and enrichment.



Brain science strongly supports the link of movement to learning. The brain and body's movement and learning systems are interdependent and interactive. For example, motor development provides the framework that the brain uses to sequence the patterns needed for academic concepts. The body's vestibular system controls balance and spatial awareness and facilitates the student's ability to place words and letters on a page. When a student walks or crawls on the ABC Pathways mat in specific patterns, the brain's ability to encode symbols is increased. The four visual fields needed for eye tracking is strengthened. Proper development and remediation of these systems are critical to a child's ability to learn.

The Action Based Learning™ Lab is a series of progressions and stations, each designed to prepare the brain for input and processing. Sensory components of balance, coordination, spatial awareness, directionality, and visual literacy are developed as the child rolls, creeps, crawls, spins, twirls, bounces, balances, walks, jumps, juggles, and supports his/her own weight in space. Levels of physical fitness



are increased and academic concepts are reinforced. As students move from station to station with a partner or partners, their self awareness, self esteem, and social skills are enhanced. Each progression and station allows the student to experience challenge, feedback, and physical

activity, three components that are necessary for optimal brain function.

Some of the designs and apparatus in the Action Based Learning™ Lab are so unique that they are patented. Mats with specific patterns help encode the alphabet, practice letter sounds, recognize numbers, differentiate colors, see shapes, understand fractions, define directions, and grasp clockwise and counter-clockwise concepts. Physical Education standards include spatial awareness, motor skill development, eye-hand and eye foot coordination, upper and lower body strength, cardiovascular strength and endurance, rhythm competency, and social interaction. In one station the student walks on an apparatus resembling a horizontal ladder or railroad track to practice balance and review academic concepts while increasing physical fitness. In another station, a specialized apparatus called the ABC 123 Ladder enables the brain to encode alphabet symbols as the child "walks" the letter patterns. Other stations have common equipment found in most schools: bean bags, scooter boards, balls, hula hoops, juggling scarves, streamers, gym mats, monkey bars, and chin up bars. The unique, innovative Action Based Learning™ Lab is research-based, brain and body compatible, kid-friendly, teacher-friendly, and time efficient. The comprehensive program will include a curriculum based on national academic standards for Pre-K through second grade levels. Explanations, directions, supporting research, videos, DVDs, music CDs, equipment lists, and training support are included in the program package.

THE ABOVE CONCEPTS ARE DESCRIBED IN DETAIL IN THE BOOK,
THINKING ON YOUR FEET BY Jean Blaydes Madigan

FOR MORE INFORMATION VISIT WWW.ACTIONBASEDLEARNING.COM