

Move Their Bodies, Grow Their Brains

Brief Description
Movement activities and ideas that can be implemented right away to engage students with what they are learning, review content, assess student learning, and most importantly get students moving!

Content Area(s)	Learning Audience	Instructional Focus	Resource Type
<ul style="list-style-type: none"> • English Language Arts • Math • Science • Social Studies • Music • Visual Arts • CTE • Healthful Living • World Languages 	<ul style="list-style-type: none"> • K-2 • 3-5 	<ul style="list-style-type: none"> • Instructional Strategies 	Instructional Strategy

Detailed Description of Use:
<p>Move their bodies, grow their brains consist of various activities that teachers can incorporate into their classroom to get students moving an improve student concentration, mood, and academic performance. Brain boosters provide a quick and effective way to change a state of learning. These resources are from Mike Morris, a PE teacher in Rocky Mount, NC.</p>

Additional Resources:

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