



## With Kids All Work Won't Work

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Children spend too much time sitting - both in the classroom and at home playing video games or watching TV.

You will want to stay tuned to the next 6 months of this column. In Redmond, OR the first ever ExerLearning(R) Lab is being created - and much of the design and daily management will be lead by students in grades 4-8. With PE, art and music cut this year because of budget constraints, classroom teachers and the stellar Redmond School District had to get creative.

The initial inspiration for the new [ExerLearning Lab](#) is the hundreds of recent research studies that find short exercise bursts help prepare the brain for learning. All participating students learn about this [important brain research](#) on their first day as [TEAM e3](#) leaders. Be sure to explore the entrepreneurial exercise and empowerment program that is [TEAM e3](#). It's fitness, [video games](#), [Faculty Wellness](#) programs and leadership rolled into one easy to implement program.

"The brain is a plasticlike muscle. If you use it, it will grow. Exercise activates the brain cells and makes the plasticity peak," Dr John Ratey, author of SPARK, said. he was recently in Ft. Collins CO for the opening of a technology-rich exergaming center at Tavelli Elementary.

"Research indicates that students who move and are not just sitting at their desks are able to learn better," said Christine Hendricks, Tavelli principal. "We are excited to explore the correlation between exercise and learning and see what impact the SPARK lab will have student achievement in the areas of reading, writing and math."

Eileen Heath, third-grade teacher agrees. "After exercising in the SPARK lab, students return to class ready to sit down, focus and work hard."

Many school don't have leaders who understand the connection between regular 10-15 sessions of physical activity throughout the school day and increased focus, productivity, academic success - especially in reading and math - and positive behavior. Luckily for students, the Redmond School District has studied the research and will connect existing computers and select educational and game software to deliver the fitness and balance training using the [FootPOWR](#) and other exergame interventions.

Because classroom teachers will be the source of art and music education this school year we are studying best practices that connect those subjects (and math) to the compelling field of game design. A great article you will want to read then share with friends and teachers is ["They Got Game" from Edutopia magazine](#).

This pilot program is being run with sweat equity from the District, the teachers, CHOICE Friday leaders and partners, and the students themselves. If you want to help or want to learn more please comment or contact us at [ExerLearning](#).

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