



Learning on Your Feet: Incorporating Physical Activity into the K-8 Classroom

Brad Johnson, Melody Jones

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In this much-needed book, you'll learn how incorporating physical activity into the classroom can improve students' engagement, achievement, and overall wellness. Students typically spend most of the day sitting at their desks, and many don't have recess or PE, yet research shows that regular exercise helps stimulate brain function and improve skills such as reading, critical thinking, organization, and focus. Authors Brad Johnson and Melody Jones, who have consulted with schools across the globe on fitness issues, offer a variety of games and activities you can use to integrate exercise into any class or subject area. You'll learn how to:

- Create an "active classroom" with active workstations and fitness areas to keep students alert and engaged throughout the day;
- Gradually introduce physical activities into your everyday classroom routine;
- Use interactive technology to teach your students about health and fitness;
- Try out a variety of activities and exercises to reduce stress, help students focus, promote teamwork, build core strength and balance, and more;
- Make STEM classes more exciting with hands-on activities, projects, and real-world problems, all while getting your students up and moving.

These activities are easy to implement and are designed to improve one's physical and mental capabilities, as well as increase enjoyment of learning for happier, healthier, higher-achieving students.

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Ian Ashlock:

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Odessa Currie:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you would like try to find a new activity that's look different you can read a book. It is really fun in your case. If you enjoy the book you read you can spent the whole day to reading a reserve. The book Learning on Your Feet: Incorporating Physical Activity into the K-8 Classroom it is rather good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. In case you did not have enough space to deliver this book you can buy often the e-book. You can m0ore very easily to read this book through your smart phone. The price is not to fund but this book has high quality.

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