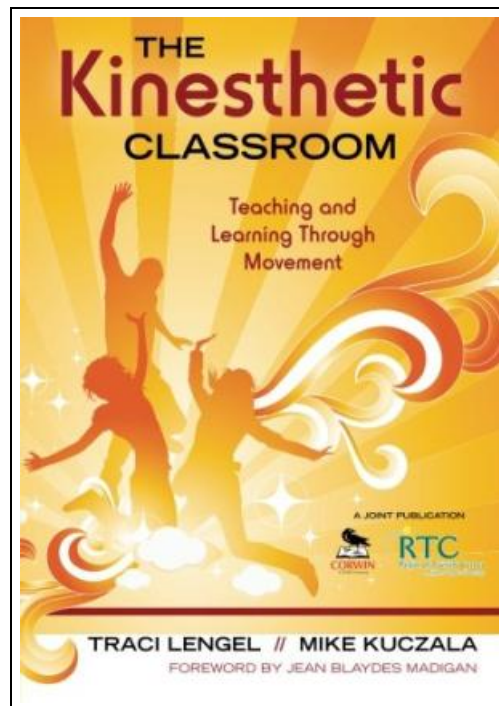


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THE KINESTHETIC CLASSROOM: TEACHING AND LEARNING THROUGH MOVEMENT (PAPERBACK)



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SAGE Publications Inc, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. Current research shows that regular physical activity helps children and teenagers perform better in school. Taking physical activity beyond PE lessons and lunchtimes, this inspiring book shows how to integrate movement as part of classroom teaching and learning. Drawing on cutting-edge educational research, the authors describe how regular physical movement improves attention span and helps the brain master new information. Readers will learn how to use short activity breaks to refocus students and how to enhance the academic curriculum through movement-based games. This resource includes: - User-friendly information on how physical activity influences the brain - Hundreds of movement activities that can be easily implemented in the classroom, including many requiring two minutes or less - Discussion of how movement can contribute to classroom management and community - Case studies showing how combining physical activity and academics contributes to student achievement With an emphasis on teaching the whole child, this guide shows how movement can improve students mental and physical well-being and contribute to their joy in learning.



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