

FRANKLIN ELEMENTARY
PARK RIDGE, IL

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Recipe for Success

Recipe: Brain Based Learning

From the Kitchen of: Franklin Physical Education



1. Team involving four P.E. teachers, two classroom teachers, one physical therapist, three resource teachers and one principal.
2. \$500 grant from local source.
3. Almost two years of planning.
4. Common language (it's all in the name)

Resources-A-Plenty

SPARK

by John Ratey

Brain Breaks

www.emc.cmich.edu/BrainBreaks

Brain Rules

by John Medina

Brain Gym

www.braingym.org

Action Based Learning

www.abllab.com

Energizers

www.ncpe4me.com

A Two Part Program

Physical Education

- 5 days a week
- Cross curricular day

Classroom

- PARTY Warmup
- Brain Breaks

And now....

A few activities



LIFE WITH THE WRIGHT FAMILY

Directions: Every participant needs to have a felt pen or marker, (or some object that will not injure anyone when passed). As the story is read, when they hear the word right/Wright, they pass the object to the right. When they hear the word left, they pass the object to their left. The object is to start and end with only one object.

One day the Wright family decided to take a holiday. The first thing they had to decide was who would be left at home since there was not enough room in the Wright family car for all of them. Mr. Wright decided that Aunt Linda Wright would be the one left at home. Of course, this made Aunt Linda Wright so mad that she left the house immediately yelling, "It will be a right cold day before I return."

The Wright family now bundled up the children, Tommy Wright, Susan Wright, Timmy Wright and Shelly Wright and got in the car and left. Unfortunately, as they turned out of the driveway someone had left rubbish can in the street so they had to turn right around and stop the car. They told Tommy Wright to get out of the car and move the rubbish can so they could get going. Tommy Wright took so long that they almost left him in the street. Once the Wright family got on the road, Mother Wright wondered if she had left the stove on. Father Wright told her not to worry he had checked the stove and she had not left it on. As they turned right at the corner, everyone started to think about other things that they might have left undone.

No need to worry now, they were off for a fun filled and relaxing holiday. When they arrive at the service station, Father Wright put petrol in the car and then discovered that he had left his wallet at home. So Timmy Wright ran home to get the money that was left behind. After Timmy had left, Susan Wright started to feel sick. She left the car saying that she had to throw up. This of course got Mother Wright's attention and she left the car in a hurry. Shelly Wright wanted to watch Susan get sick, so she left the car too. Father Wright was left with Tommy Wright who was playing a game in the backseat.

With all of this going on, Father Wright decided that this was not the right time to go on holiday, so he gathered up all of the family and left the service station as quickly as he could. When he arrived home, he turned left into the driveway and said, "I wish the Wright family had never left the house today!"

Gotcha

Start with a partner and have one hand out (palm up) and the other hand has the index finger touching the partner's hand (pointing down). See picture.

When the teacher says "Gotcha" you try and grab your partner's finger as you pull your finger away. Grabbing the partner's finger and escaping with your own is considered a "win". The teacher keeps playing for one to two minutes.



Sticks:

Partner up. Each student puts their hands out in front of them with just their pointer finger extended. The first person taps their opponents finger with their finger. The person who's finger was tapped puts out a second finger. That person now decides if they should tap their opponents finger with the hand with one finger or the hand with two fingers. If they tap with the one finger, they add one finger. If they do the hand with two fingers they add 2 etc. The object is to get your opponent to have all 5 fingers out and then they lose their hand. You want to get both your opponents hands to 5 before they get yours to five.

Coin hockey:

Partner up. One partner starts with 3 coins (best if they are all the same). The other partner makes a goal with their fingers. The person with the coins makes a triangle with the coins and pushes the back on forward to "break" the coins. They continue to push the coins towards their goal but the coin that is pushed has to travel between the other two coins to be a good push. If the coin does not travel between the two coins the other partner gets a turn. If a point is scored, they also switch turns.

Remember this. Put in a "Motor Break" at least every 20 minutes in the classroom. Kids lose attention and interest anywhere after 10 minutes. A physical break re-energizes the brain with oxygen and protein making students more open to learning. Also, do Core subjects right after recess and P.E. This should keep you and your kids busy