



# Spring Lunch 'N Learn Series:

## Power Moves for Parents to Help Their Kids Crush Their Homework

### Power Move #7: Leap into Learning

We know that physical activity is excellent for our bodies, but did you know it has a massive impact on our brains too?

There is an ever-growing amount of evidence to support the notion to incorporate movement into learning for better results.

- After walking on a treadmill for 20 minutes at a moderate pace, children responded to test questions (reading, spelling, and arithmetic) with greater accuracy, and had a more intense response within the brain, than children who had been sitting
- They also performed better on reading comprehension than those who sat for a similar length of time. Following physical activity, children also completed learning tasks faster and more accurately, and were more likely to read above their grade level.

### Tips for Homework:

- Have your child go for a walk, do jumping jacks, bounce on a trampoline or run in place – this will get their heart rate moving & blood flow to the brain
- Physical activity increases brain volume and activity, in particular in regions associated with memory and executive functions. The changes brought about by physical activity in brain structures and functions create additional possibilities for learning.

#### References:

[https://www.oph.fi/download/145366\\_Physical\\_activity\\_and\\_learning.pdf](https://www.oph.fi/download/145366_Physical_activity_and_learning.pdf)

[https://activelivingresearch.org/sites/default/files/ALR\\_Brief\\_ActiveEducation\\_Jan2015.pdf](https://activelivingresearch.org/sites/default/files/ALR_Brief_ActiveEducation_Jan2015.pdf)



**Beyond the Classroom®**

[www.beyondtheclassroom.ca](http://www.beyondtheclassroom.ca)

