

2008-2009
Action Research

Brain Gym

What is Brain Gym?

- Brain Gym is a series of simple and enjoyable movements that one uses with students in Educational Kinesiology to improve their experience of whole-brain learning.

Research Question

- Will the use of Brain Gym activities in our classrooms increase student achievement and participation?

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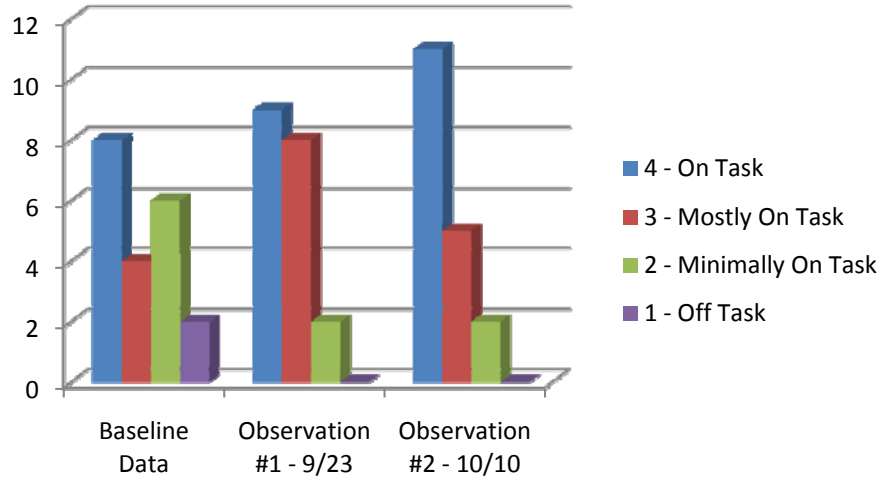
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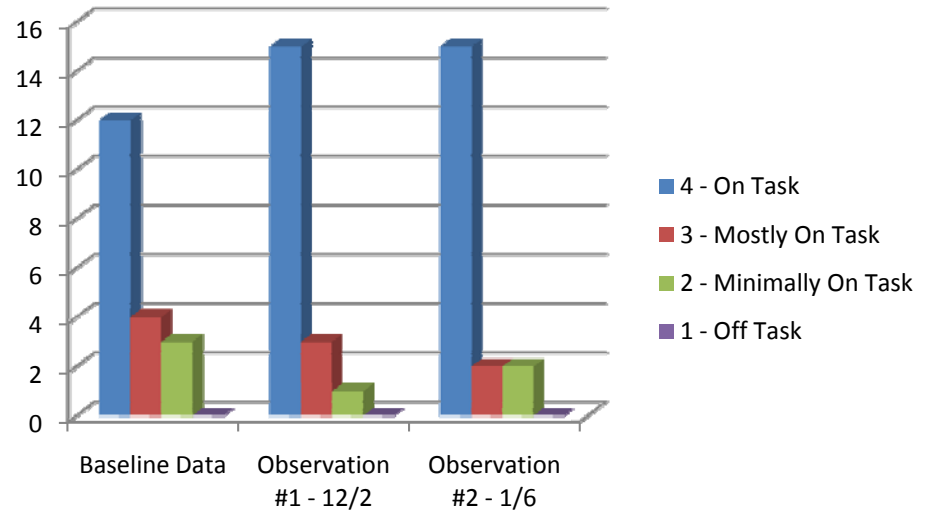
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Brain Gym Comparisons Crawford



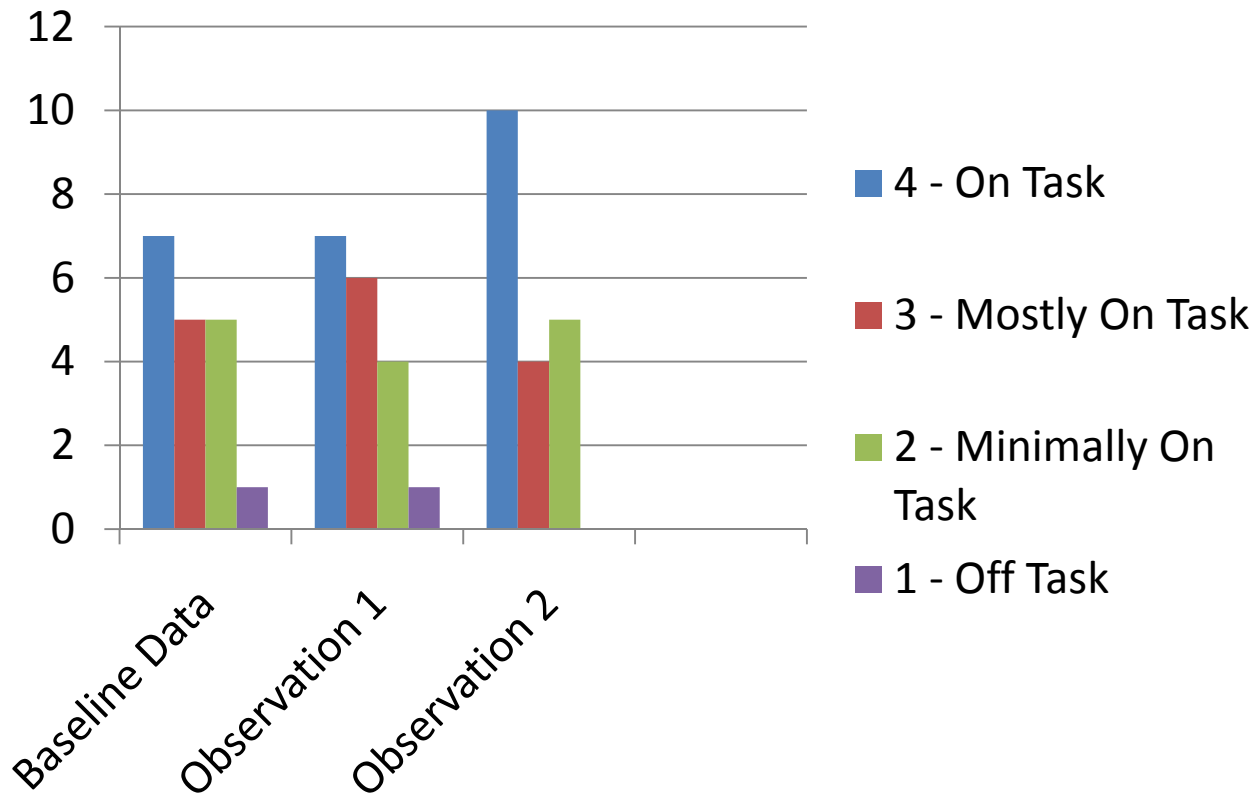
Marking Period 1

Marking Period 2



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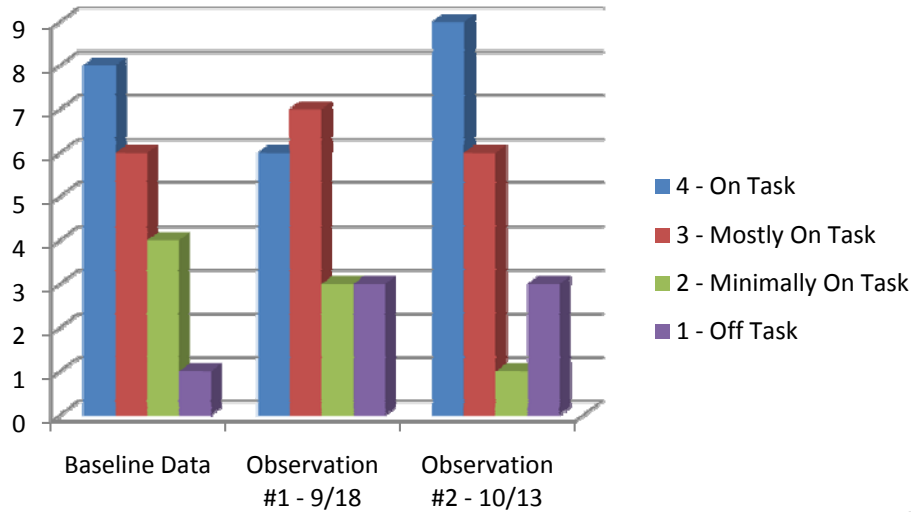
Marking Period 3





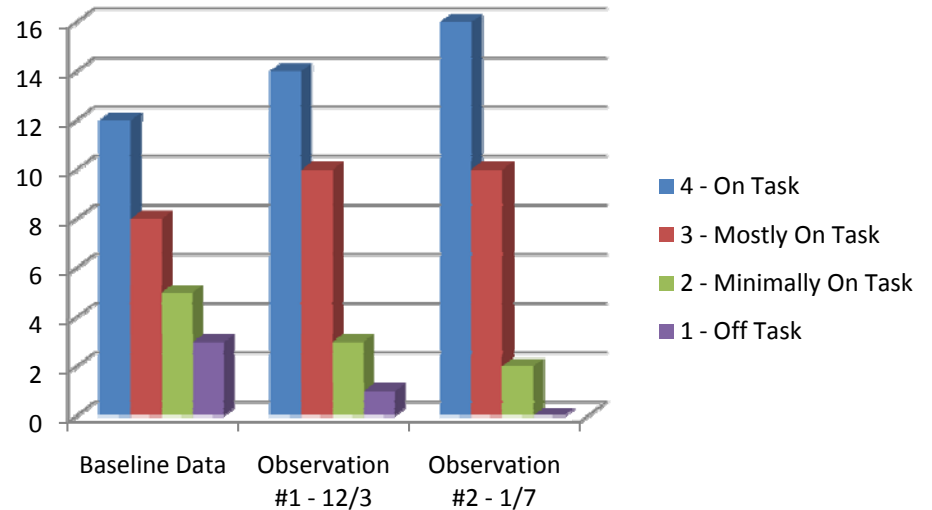
Brain Gym Comparisons

St. John



Marking Period 1

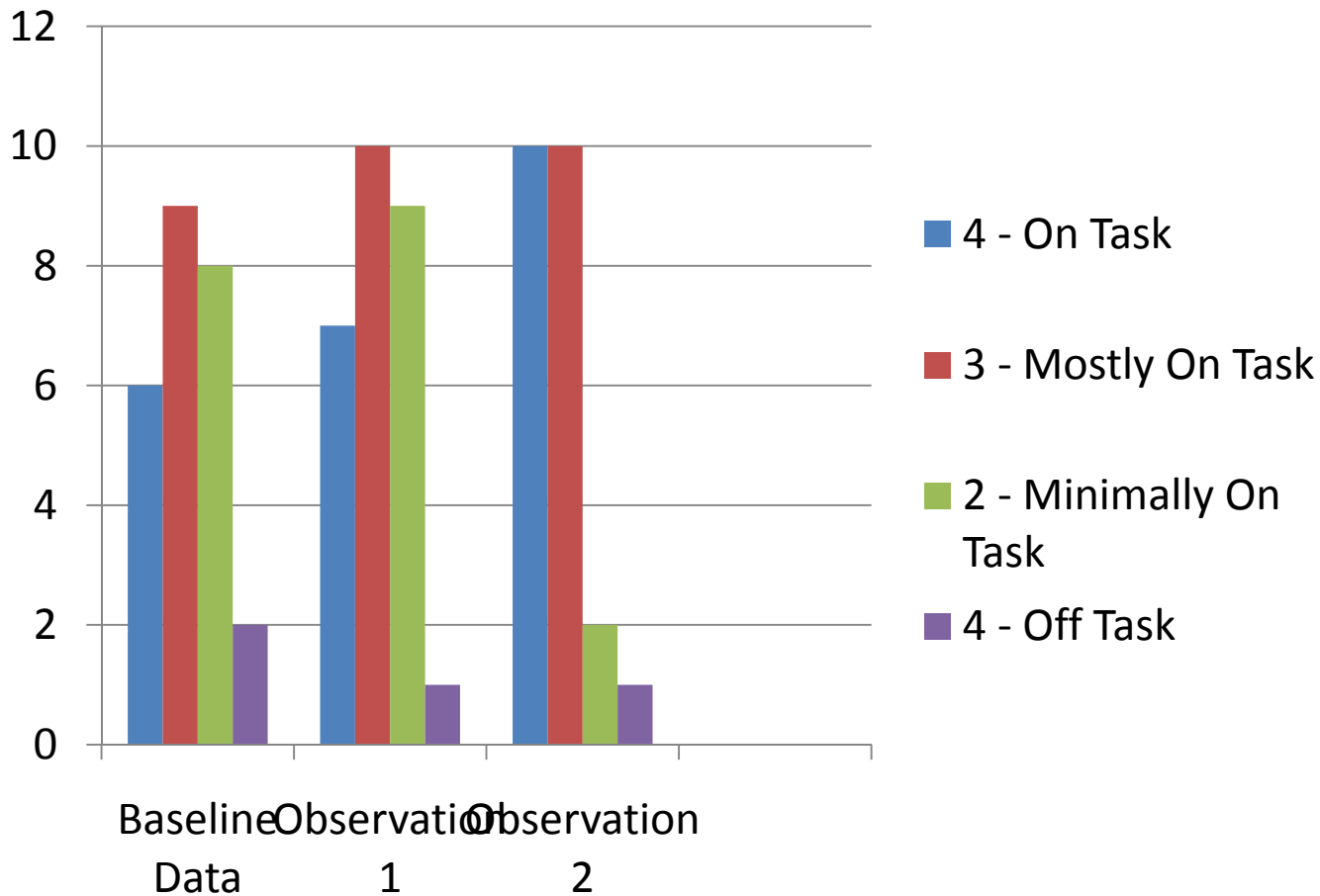
Marking Period 2



Brain Gym Comparisons

St. John

Marking Period 3



Final Analysis

- Has Brain Gym improved on- task behavior in class, or is on –task behavior improving as a result of class structure and routine?
- Additionally, we have identified an area of opportunity; (1) which would be to incorporate more academics in our P.E. lessons. (Ex. Quizzes and tests over rules and key terms related to each sport)