

Submitted for Share the Wealth Conference, January 23-25, 2020, Jekyll Island, GA

Building Better Bodies, Brains and Behaviors Through Movement

Presenter: Dave Spurlock

Position: Master Trainer

Company: Action Based Learning

The session will chronicle the evolution of action based learning over the past twenty years, how it's implemented in schools and the positive effects of integrating movement in the classroom. At its heart, Action Based Learning (ABL) is built around the brain-based research that supports the link between movement and learning.

ABL has improved academic performance, behaviors and health in schools across the nation. How to create optimal learning environments in your school will be demonstrated using strategies that are teacher friendly, time efficient and most importantly- making learning fun for students. The session also includes an explanation of the 12 Foundations of Learning Readiness which is the developmental basis that targets a child's early sensory and motor functions, manipulative and problem solving skills and its relationship to overall academic performance and self-management.