

Station One: Building the Framework for Learning

Bilateral movement; Opposition; Spatial Awareness; Movement in different levels; Proprioception; Jumping and Landing; Dynamic Balance; Patterning' Spatial concepts of over and under

These concepts aid the brain in placing words on a page, reading words for left to right and writing patterns in sequence.

Madigan, J.B. & Hess, C. (2006). Action based learning lab manual. Murphy, Texas. Action Based Learning Lab.

Station Two: Integrating the Senses

Coordination of the auditory, visual and kinesthetic senses; Eye tracking for visual-motor control; Development of core muscles to strengthen neural pathways; Sequencing of complex motor skills; Patterning; Problem Solving; Transfer from three dimensional in two dimensional input; Directionality.

These concepts aid the brain in following the flow of words, sequencing patterns in math and reading, solving problems and sorting information.

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Station Three: Vestibular Development

Development of inner ear to coordinate of the auditory, visual, and kinesthetic senses; Spatial Awareness; Body control; Dynamic balance; Locomotor skill development; High, medium, low levels; Joint compression; Beat competency; Spatial concepts of around, up and down.

These concepts aid the brain in putting numbers or letters in sequence, discriminating different sounds, placing letters and words in a page, and writing letters in proper proportion

Station Four: Visual Motor Control

Development of visual fields including peripheral vision; Transfer from three dimensional to two dimensional input; Form discrimination; Beat competency; Dynamic balance; Directionality; Cross Lateralization; Encoding symbols.

These concepts aid the brain in encoding the stroke of each symbol of letters and numbers, recognizing letters and numbers, writing letters and numbers, following words from left to right, focusing on reading for longer periods, discriminating sounds and organizing information

Station Five: Visual Tracking

Tracking of a moving object; Eye-hand and eye-foot coordination; Development of visual fields; Cross lateralization; Patterning Targets; Joint compression; Beat competency; Dynamic balance; Sequencing of patterns; Transition from novice to mastery stage; Skills of toss, catch, throw, am, strike, jump, juggle, kick, bounce and dribble.

These concepts aid the brain in processing thoughts in sequencing, discriminating likenesses and differences, discriminating sounds, and advancing to higher level thinking.

Station Six: Higher Level Thinking

Higher level of dynamic balance; Complex motor control; Practice and reinforcement of academic content.

These concepts aid the brain in anchoring information and improved memory retrieval, preparing the brain to take a test, and combining many skills for higher level thinking.

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