

## Action Based Learning at ICGS

In early August of 2016, Immaculate Conception Grade School undertook a new Action Based Learning initiative to increase physical activity in the classroom. Research supports the link between movement and increased academic performance and engagement in the classroom. After undergoing training by Ann Goldade, Ed.D., teachers incorporated “brain breaks” during the school day to get students moving. Teachers were given varied resources for “brain break” activities. ICGS also invested in several pedal desks and “wobble stools” for various classrooms.

