

University of Georgia Physical Activity and Learning After-School Program

Chase Street School



21st Century Community Learning Center
Georgia Department of Education
2014-2019



30 children

Adam Kurtz



5 UGA Professors

7 UGA Graduate Students



"The Little School with a Big Heart"



30 children

Anissa Johnson

A cross-disciplinary program:

- Kinesiology
- Educational Psychology
- Health Promotion & Behavior

Enrichment

- Mathematics
- Reading
- Physical Activity

WHAT WE DO!

Physical Activity Games



Mathematics enrichment



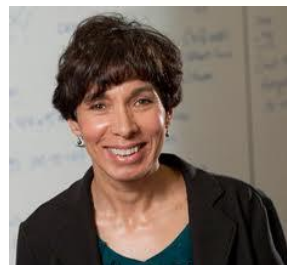
Reading enrichment



6
5
4
3
2
1

REST	
8	9
7	
5	6
4	
2	3
1	

REST	
8	9
7	
6	6
4	5
3	
1	2



<https://www.youtube.com/watch?v=9VWVxCvp7zA>

WHERE THE PAL PROGRAM CAME FROM!

-- RESEARCH --

Education through the physical – Thomas Wood 1883

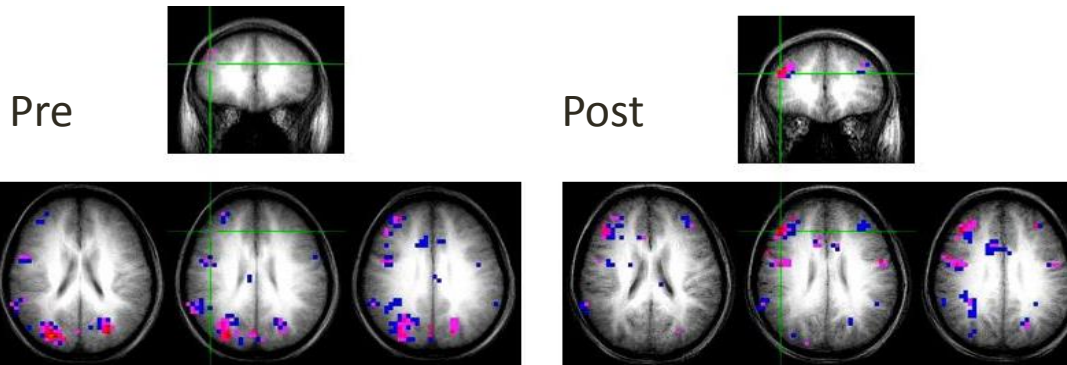
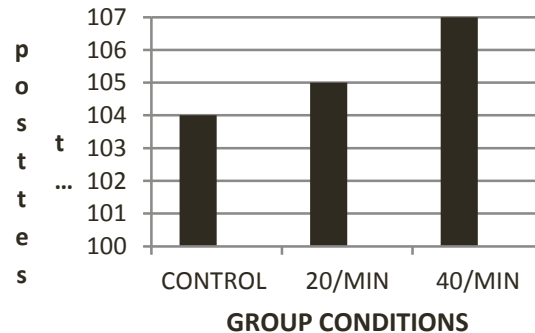
“Physical education must aim as broad as life itself”

2000-PRESENT – EFFECTS OF EXERCISE ON COGNITION

UGA/MCG (GRU)

Davis, Tomporowski, McDowell et al. (2011). Exercise improves executive function and alters brain activation in overweight children: A randomized controlled trial. *Health Psychology*,

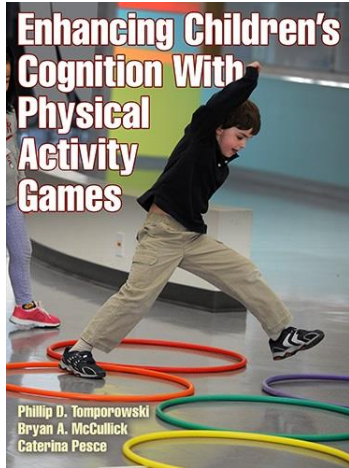
Intervention: 4-month
After-school exercise program



WHERE THE PAL PROGRAM IS HEADING!

-- TRANSLATIONAL RESEARCH --

2007 – EFFECTS OF MOVEMENT ON LEARNING



“Principles”

Teaching Mental Control (Executive Function):

- Stopping (inhibition)

- Updating (working memory)

- Switching (variation)

Teaching Problem solving

- Discovery

Children learn “Spatial Awareness” – relation movement in space

- Underlies – mathematics and reading skills

Future plans → A “Center” for the study of Physical Activity and Learning

- Cross disciplinary graduate-training program

- Teacher-training program

- Service-learning program

- Distance learning program

Need for funding support

PAL contributors

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Tomporowski, P. D., McCullick, B., & Pesce, C. (2015) *Enhancing children's cognition with physical activity games*. Human Kinetics: Champaign, IL