

Activity and the Brain

Every teacher needs to know this!



Movement creates happy hormones like Serotonin, Noradrenaline and Dopamine immediately improving children's:

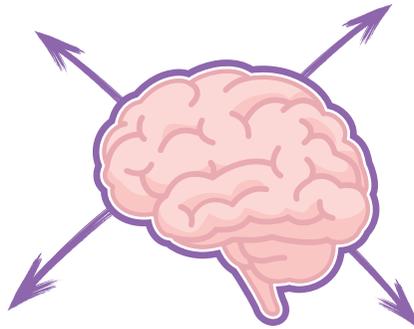
- Attention and focus
- Perception and learning
- Mood



Activity reduces brain fog as blood flow increases oxygen and nutrients to the brain which flush out toxins.



Hippocampus grows with regular exercise improving memory capacity and learning.



Exercise produces a protein called **BDNF** that floods the brain stimulating new connections and neuro pathways.

Case Studies

After 2 years children who were regularly active during the day achieved greater **learning gains** in mathematics and spelling equating to **4 months!** (That's 1 whole year of gains during their primary school life!)

Mullender-Wijnsma MJ, Hartman E, de Greeff JW, et al. Pediatrics, 2016

Active learning combined with high quality PE produced an **12% increase** in academic performance and **67% improvement** in mood and behaviour!

Alvarez-Bueno, Celia; Universidad de Castilla-La Mancha et al, Pediatrics, (2017)



Less Activity

Smaller brain

Brain fog

Unengaged

Moody



More Activity

Bigger brain

Switched on

Motivated

Happier

