

The Science Behind Walkabouts: Related Research at a Glance

EXECUTIVE SUMMARY

ActivEd and Walkabouts were inspired by years of published research about both education and health — and the correlation between the two. In fact, ActivEd founder Dr. Julian Reed is among the nation’s leading researchers exploring the relationship between issues such as obesity and academic achievement. Dr. Reed’s findings and his work to help equip and empower teachers across the country continue to inform all facets of the Walkabouts platform.



The Impacts of Movement on Learning

Quite simply, learning is physical. When we move, we learn, and we learn as we move.

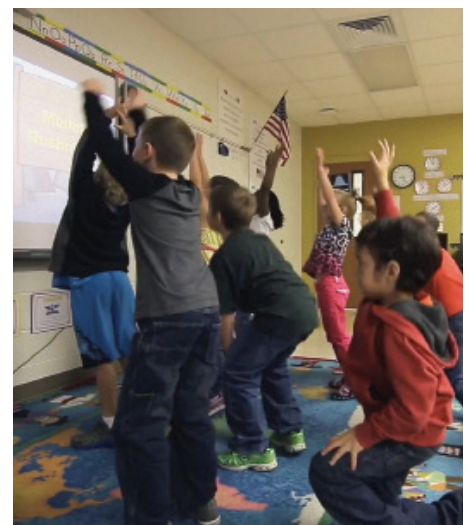
The benefits of moving and learning include:

- Maintaining a healthy lifestyle, a healthy weight, and preventing disease.
- Physical activity that is linked to improved academic performance.
- Cognitive stimulation that has been shown to improve concentration and focus.

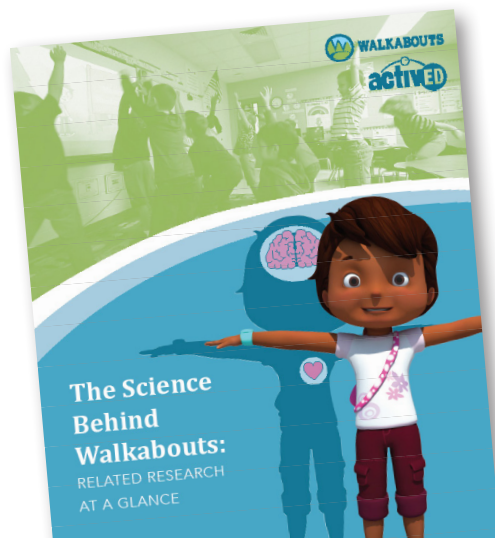
“I LOVE the concept and have viewed various lessons in different content areas for the different grade levels. I will definitely have my Pre — K-2 teachers using this regularly.”

- Tammy Yarborough, Curriculum Technology Coordinator

“We absolutely LOVE it. It allows students to move their bodies and learn, while allowing me to assess who has mastered or needs reteaching of the lesson. The worksheets are an added bonus as well.” - April Swain, Kindergarten Teacher



“Walkabouts are a wonderful way to provide movement and formative assessments simultaneously. Students enjoy participating in them while teachers can observe the mastery of standard based skills.” - *Windy Hodge, Principal*

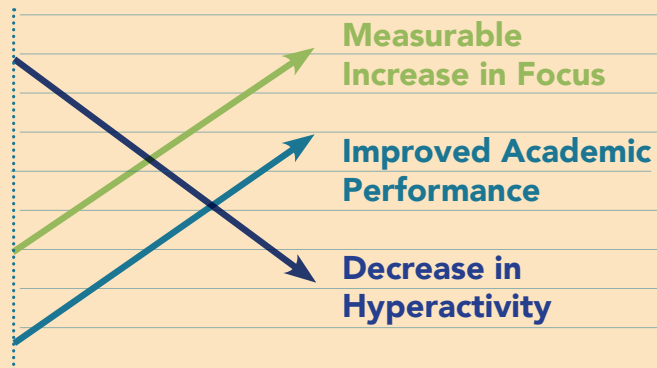


Key Classroom Challenges and Behavior Management

Teachers are charged with developing and maintaining a positive, productive classroom environment that promotes learning, and they are expected to reduce the time they spend managing. Providing students with regular activity breaks during the school day has been proven to improve on-task classroom behavior.

New Research: **Evaluation of the Walkabout Program that Integrates Physical Activity with Academic Subjects in the K-2nd Grade Classroom**

*By Spyridoula Vazou,
Katharine Long, Madeline Wille,
Kimberley Lakes*



Positive Impacts of Walkabouts on Student Engagement

Independent researchers at Iowa State University and the University of California at Irvine examined the impacts of Walkabouts as a supplement to traditional lessons versus controls with traditional lessons alone. Pre-K to 2nd grade students exposed to Walkabouts' standards-aligned, physically engaging lessons for eight weeks showed significant improvements in inattention, reduction in hyperactivity, and increase in classroom engagement, an indicator of academic performance in math and language arts. The Walkabouts platform is the only movement-based supplement for pre-K to 2nd grade students proven to increase focus, decrease hyperactivity, and increase classroom engagement, an indicator of academic performance in math and language arts.

For more information about The Science Behind Walkabouts, download the full research paper at info.actedinc.com/the-science-behind-walkabouts or visit getwalkabouts.com.