

Activate

In addition to PE lessons our children take part in Activate sessions twice daily. These are progressive exercise programmes that improve agility, balance, co-ordination and concentration.

Activate is age specific, inclusive, progressively staged, using repeated patterns of movement with music programmes. The activities are designed to help pupils become more agile, better balanced, better coordinated, better controlled and more precise in their movements. Pupils improve their listening attention and concentration capabilities as their neurological systems also become better, fitter and faster.

These age level physical fluency programmes are also designed to improve the development and efficiency of pupils' cerebellar-vestibular systems. This is because of clinical practice and research findings that link a wide variety of dyslexic, dyspraxic, ADHD, Aspergic and various learning dysfunction symptoms to neurological developmental delay. All pupils in school Activate classes are said to improve in most aspects of their physical fluency and many other benefits are being reported.

Activate is where the children follow patterns of movement to music programmes. Each exercise is to music which enables the tempo and rhythm in the movements of the pupils to be varied through changes in the music. The pupils are also having practice in the conscious active listening skills of "filtering", "analysing" and "responding" as they move to the music. Their listening skills, attention spans or concentration stamina also gradually increases. Activate movement to music programmes are repeated for 2 weeks, then moved up a step through a progressive and developmental 36 week structure.

Activate takes place in the classroom and for this reason the exercises in the progressive steps utilise the best vertical movement

principles that are possible standing up in the restricted space of a classroom. Moving pupils to an adjacent hall or playground to enable equipment to be used is not necessary and a change of clothing is not required

WHY IS ACTIVATE IN THE CLASSROOM SO BENEFICIAL?

The Activate exercises are particularly designed to improve various elements of physical fluency, stimulate the cerebellar-vestibular systems and intensively exercise the neural connections between the right and left hemispheres of the brain. The core activity, progression and extension exercises provide a very comprehensive upper and lower body gross-motor exercise range. Also included are fine motor exercises, balance moves, hand-eye co-ordination moves, eye exercises and speech patterns, all to sound rhythms.

THE BENEFITS OF ACTIVATE

Easy to observe and evaluate benefits.

- Children find Activate fun to do.
- There is 75 minutes per week of extra High Quality Physical Activity.
- Children increase their fitness and stamina.
- Children improve their posture and core strength.
- Children improve many other physical fluency elements such as:- agility, balance, co-ordination, precision and control of movement, flexibility and rhythm.

Often reported benefits:-

- Reported to improve concentration focus, attention spans and ability to listen.
- Reported to increase self-awareness, confidence and self-esteem.
- Many reported improvements in various personal, social, emotional, academic and behavioural capabilities.

Designed into the programmes benefits:-

- Increases/enlarges children's banks of physically fluent and automatised movements which can then be utilized unconsciously and automatically in many sports, activity and everyday situations.
- Extends the sometimes limited movement capability governed by the basal dominances of an individual.
- Helps to further suppress certain primitive reflexes that may not be inhibited enough and which if still in evidence can hinder motor control, eye functioning, hand-eye co-ordination, perceptual skills and other functions throughout life.

Other beneficial applications and outcomes:-

- The Activate patterns of movement are being used in some individual cases to ease the conditions of dyspraxia, dyslexia, attention disorders, aspergism and related learning and behavioural disorders.
- Several schools report that over a period of time the Activate exercises have been instrumental in reducing the weight of most overweight children at their schools.

Please look [here](#) for photographs and videos of classes taking part in Activate sessions.