



*Move to Achieve*

## Move it ... Learn it... Integrated Learning through Movement

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### Motivating children to move!

- FUN! the more fun kids have...the more they will move.
- Play-based movement; the exercise is hidden in the activity.
- Make the child feel successful.

Learnercise is a curriculum based program that consists of an exercise mat divided into nine blocks that are numbered. This matrix on the Learnercise mat reinforces numbers 0-9, math, colors, N S E W and the alphabet which allows for numerous curricula to be applied. These include academic integration for cross- disciplinary collaboration, children's choreography, games, cardio workouts, strength training, flexibility improvements, circuit training, dance, and more. Learnercise certainly aims to contribute to the battle against obesity – but it goes far deeper: we want to combat obesity and enhance brain development at the same time. Research backs our efforts. Rhythm helps with reading speed and speech development; cross lateral movement develop faster synapses to the brain; and pattern progression on the Learnercise mat leads to critical thinking skills.

### The program:

- Provides activities that engage children of all ability levels
- Promote academic integration for cross-disciplinary collaboration and incorporation of academic standards.
- Provides programming that is fun – exercise is hidden in the programming.
- Uses music to motivate and popular activities that are developmentally appropriate for the age group.
- Provides a “security blanket” with each individual having their own personal space on the GeoMat or Learnercise Mat.
- Provides an emotionally safe, non-violent/ non-aggressive learning environment.
- Provides opportunities to develop the “whole child” and the use of different learning styles.
- Uses the latest brain research to develop curriculum.
- Offers options so that each individual can be successful.

### Warm-up

#### Sequencing / Pro- Social Behavior

**Thriller:** Ultimate Dance # 3 CD

\*Partner routine- One person stands on #1 and the partner stands on # 9 facing each other.

1 - The person standing on # 1 is going to squat to # 3 and perform a shimmy x 4 counts  
The person standing on # 9 is going to squat to # 7 and perform a shimmy- ( Shimmy: is a dance move in which the body is held still except for the shoulders, which are alternated back and forth)

After performing the shimmy both return to their original number # 1 and # 9

2 - Werewolf dance move- The person standing on # 1 is going to step on number 2 and then on # 3 x 4 counts  
Both arms are going to move into the mat, away from the mat and into the mat ( in-out-in) and pause x 4 counts

The person standing on # 9 is going to step on number 8 and then on # 7 x 4 counts  
Both arms are going to move into the mat, away from the mat and into the mat ( in-out-in) and pause x 4 counts

Reverse it- Repeat the same werewolf move going back to its original numbers # 1 and # 9 x 8 counts

3- Dealing cards dance move- The person standing on # 1 is going to tap # 4 and perform the dealing cards move with the right arm and leg x 4 counts and repeat the same move to # 2 with the left arm and leg x 4 counts  
The person standing on # 9 is going to tap # 6 and perform the dealing cards move with the right arm and leg x 4 counts and repeat the same move to # 8 with the left arm and leg x 4 counts

4- Swim move- Person standing on # 1 is going to swim towards # 7 and then swim towards # 9 x 8 counts  
Person standing on # 9 is going to swim towards # 3 and then swim towards # 1 x 8 counts  
At this time both switch sides

5- Zombie Move- In order to return to their original numbers both are going to perform the zombie move following the same number pattern used on the previous move.

### **Fundamentals Routine ( 64 counts)**

2 x Tri-steps – 8 beats

2 x Square Steps - 8 beats

1 x X – Step – 8 beats

2 x Wide- together – 8 beats

1 x Around the world

2 x rock corner

2 x jumps on 5

2 x step- tap behind- back to home / step left- tap behind- back to home

### **Safety Lesson- “911” – Song-** Body Heart and Mind CD / GeoVariety K-2 DVD

#### **Number Awareness**

Chorus: (Seated on 7) – Raise both arms up to the ceiling  
Pick up the phone on 5  
Tap 9-1-1

### **Academic Integration Lessons– Basic Fact Fluency**

(Adding Animals and Subtracting Animals Music CD)

- Number Recognition – move and perform actions as a number is called  
Move to 2 and run as fast as you can / Jump on 5 – then jump 5 times / Balance on 1 foot on 8
- Addition activities with a partner
- Addition body part balance activity with a partner ( Body awareness)

### **Multiplication – Counting Backwards- Counting by Active Academics with Music**

(Multiplication Moves Music CD, Counting Backwards Music CD, Counting By music CD, Divide and Conquer Music CD)

- Surfing 7's
- Disco Multiply by ten
- Bluesy Multiplication
- Place value activities – Utilizing different body parts
- Directions – move to learn directions of N, S, E, & W – Examples:  
Stay on 5 facing North – jump  $\frac{1}{4}$  turn and face E / Jump  $\frac{1}{2}$  turn and face W  
Jump  $\frac{3}{4}$  turn to face N

### **“ If you are Happy and you Know it” - Phone Mat Fun CD**

#### **Color Awareness**

Students will recognize colors and follow prompts to perform movement actions

Encourage children to show emotion in their movements.

**“ Bunny Hop Jump”** - Moving Around the Clock CD

**Counting**

**Movement Concepts:** Directions: right  
Body Parts: hands, paws( hands), head, ears, thighs  
Body Surfaces: front  
Non- Locomotor: flop, sway  
Locomotor: jump, bend, turn  
Ways to move: - Animal: bunny  
Relationships: on

**Exercise your Smarts**

- **Parts of an Exercise Bout:** Students learn that there are five different parts of an exercise bout: warm-up, dynamic stretch, actual workout (either for muscular strength/endurance and cardiovascular), cool-down, and the static stretch.
- **Where are my muscles?** - Students learn 13 different muscles names and their location while moving and listening to educational lyrics

**Kickboxing- Strength / Agility Activities ( Upper Elementary/ Middle School and High School )**

- Jab- Cross- Uppercut- side-kick
- Kickboxing Combination
- Creative push-up ideas
- Agility drills
- Core strength ideas
- Partner circuit fitness training – Strength training stations, cardio stations and a mixture of the two)



**Partner Routine Example** - Corner Rock - Begins in 7 facing NE

Move 1 – Wide March = 8 beats

Beat 1	Beat 2	Beat 3	Beat 4
March 8 R	March 4 L	March 8 R	March 4 L

Repeat for Beats 5-8

Move 2 = Heel Touches = 8 beats

Beat 9	Beat 10	Beat 11	Beat 12
Heel 5 R	Step 7 R	Heel 5 L	Step 7 L

Repeat for Beats 13-16

Move 3 = 2 Tri-Step = 8 Beats

Beat 17	Beat 18	Beat 19	Beat 20
Step 8 R	Step 4 L	Step 7 R	Step 7 Left

Repeat for Beats 21-24

Move 4 = Slow Squat ¼ Turn (Angle Turn) = 8 Beats

Beat 25	Beat 26	Beat 27	Beat 28
Squat ¼ Turn - Step R foot in 1 - Facing W Keep L foot in 7		Up from Squat -Bring and Tap L foot in 1 Face S	

Squats = 4 Beats

Beat 29	Beat 30	Beat 31	Beat 32
Squat ¼ Turn - Step L foot in 3 - Stay Facing S Keep L foot in 1		Up from Squat Bring and Tap R foot in 3 - Stay facing S	

**REPEAT Routine** – Starting in 3 facing SW with R foot lead

Practice several times until the routine can be repeated facing North or South

To make it a partner routine – Partner A begins in 7 facing NW (Partner B begins in 3 facing SE) -

**Hip Hop**

Adolescents and young people love hip hop. You can do many of the basic GeoMotion moves but do them with style.

**Triangle X** - Begin in 5 facing N – Can Perform each part 2 times

PART 1 = 16 Beats

Move 1 = Tap Front = 4 beats

Beat 1	Beat 2	Beat 3	Beat 4
Tap R 3	Step R 5	Tap L 1	Step L 5

Move 2 – Forward Triangle = 4 beats

Beat 5	Beat 6	Beat 7	Beat 8
Step R 3	Step L 1	Step R 5	Step L 5

Move 3 – Tap Back = 4 Beats

Beat 9	Beat 10	Beat 11	Beat 12
Tap R 9	Step R 5	Tap L 7	Step L 5

Move 4 – Backward Triangle = 4 Beats

Beat 13	Beat 14	Beat 15	Beat 16
Step R 9	Step L 7	Step R 5	Step L 5

PART 2 - X Step = 8 Beats

Beat 17	Beat 18	Beat 19	Beat 20
Step R 3	Step L 1	Step R 5	Step L 5

Beat 21	Beat 22	Beat 23	Beat 25
Step R 9	Step L 7	Step R 5	Step L 5

PART 3 = 2 Tap 4 Combo - 8 Beats

Beat 25	Beat 26	Beat 27	Beat 28
Step R 2	Tap L 3	Step L 5	Step R 5

Beat 29	Beat 30	Beat 31	Beat 32
Step L 4	Tap R 7	Step R 5	Step L 5

**REPEAT Routine –**

**Latin & Dance Combination Examples**

Teaching dance movements is very easy using the GeoMat®. Try the new *Latin Cardio!*

Salsa Right Foot Lead – Side-to-Side

Beat 1	Beat 2	Beat 3	Beat 4
6 R	5 L	5 R	Hold
Quick	Quick	Slow	

Beat 5	Beat 6	Beat 7	Beat 8
4 L	5 R	5 L	Hold
Quick	Quick	Slow	

Cha – Cha – Forward and Backward - Right Foot Lead

Beat 1	Beat 2	Beat 3	Beat 4
2 R	5 L	5 R / 5 L	5 R
Fwd	Bwd	Step/step	Step

Beat 5	Beat 6	Beat 7	Beat 8
8 L	5 R	5 L / 5 R	5 L
Bwd	Fwd	Step/step	Step

**GeoMetrix – Speed and Agility Examples**

GeoMetrix is for athletic performance and the development of speed and agility. It is safer due to the cushioning of the mat and also gives more options than the traditional 5 dot drills.

Zig-Zag – Both Feet - Repeat five times.

Move 1	Move 2	Move 3	Move 4	Move 5	Move 6
1	3	4	6	7	9

Jump the Corners

Both feet start on Number 3 - Jump to number 9, then 7, to 1 and back to 3.

Clock Drill

Begin on 5, Jump to 3, Jump to 5, Jump to 6, Jump to 5, Jump to 9, Jump to 5, Jump to 8, Jump to 5, Jump to 7, Jump to 5, Jump to 4, Jump to 5, Jump to 1, Jump to 5, Jump to 2, Jump to 5.

Can also hop on one leg around the clock.

## **Jump Rope Examples**

Bell – Forward and Back

Beat 1	Beat 2	Beat 3	Beat 4
Jump	Jump	Jump	Jump
2	5	2	5

Jump forward to 2 then jump backward to 5

Skier – Side to Side

Beat 1	Beat 2	Beat 3	Beat 4
Jump	Jump	Jump	Jump
6	4	6	4

Jump to R into 6 then jump L into 4

Jump Straddle – Jump Together

Beat 1	Beat 2	Beat 3	Beat 4
Straddle	Together	Straddle	Together
4-6	5	4-6	5

Jump to straddle position with R foot in 6 and L foot in 4 – then jump both feet together in 5

Straddle Cross (X)

Beat 1	Beat 2	Beat 3	Beat 4
Straddle	Cross	Straddle	Cross
4-6	5	4-6	5

Jump to straddle position. In the cross – jump to 5 crossing one leg over the other leg – alternate the leg in front

## **Circle Activity**

Cupid Shuffle routine