ExerLearning
Connecting Fitness, Technology and Academic Success

foot gaming

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- The FootPOWR peripheral is a pad comprising of a series of foot operated switches that can be used as an input controller for a wide range of computer games and educational software.
- Being actively engaged, while standing, balancing and interacting with computer software places a wide range of cognitive demands on the player.
- Results of field studies and recent brain research indicate that video games plus physically active input can result in students better prepared to learn: Increased focus and productivity, academic success, behavior modification, increased attendance , engagement in the learning process
- For the 30% of our students struggling most with school, life, behavior, learning, emotions, stress and confidence – a solid dose of **ExerLearning** could make all the difference!
- While the FootPOWR peripheral can work with thousands of existing software and games, we suggest select casual games that may not seen "learning" tools. ExerLearning via FootPOWR allows students to interact with games that are proven to reduce stress and anger and improve mood.
- The physical activity of FootGaming delivers oxygen to the brain – increasing endorphins and preparing the mind (and body) to learn. Fun and relaxed play is great medicine. It's easily added to the learning environment at the time and place it's needed.
- Struggling students begin to believe that they cannot do certain academic tasks successfully. When students learn what recent brain research has proven about physical activity and how the brain works it is a relief. They develop a sense of empowerment toward learning when they realize that they can give their brain what it needs to be more productive. They fulfill their own expectation for greater focus and productivity when they are able to add exactly the physical activity the brain needs.
- Self-belief defines our expectations for behavior, performance and ability on many levels. When a person experiences success, activity-induced physical changes and relaxed fun in a formerly stressful environment – the confidence level soars along with newfound success.
- Research has linked active rhythmic play with increased language discrimination and development, math ability, improved school grades, better-adjusted social behavior, and improvements in "spatial-temporal reasoning," - a cornerstone for problem solving.

Play With Your Feet

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