



ExerLearning ▪ Entrepreneurship ▪ Empowerment

What is the TEAM e³™ Program?

Within a school population there is an “expensive” group – expensive in terms of time, money and lost opportunity. We are talking about the students struggling most with literacy, the ones most likely to be disengaged in school and those most at risk of dropping out. Teachers work with energy, passion and commitment to provide the best learning environment for these students, but we often fall short of our goals. TEAM e³ is designed to provide exactly what works for this target group without burdening teachers with time-intensive lesson planning, oversight or energy. Quite the contrary: the very students that are often the most challenged (or challenging) are empowered as change agents adding value to the entire school.



Some Background:

For over seven years we have observed and quantified the results of a student-led program called, Generation FIT. Gen FIT connects technology with exactly the sort of physical activity learners of all ages need for best brain function, productivity and focus. Improvement is needed for many aspects of the educational process (engaging youth, reaching the hard-to-reach student, empowering students as proactive leaders in their learning, preparing students for the 21st Century workplace via “real” work roles, gaining an understanding of how and why we need to make consistent positive choices about wellness and health, and connecting the digital-game culture kids love to the learning process. ExerLearning® grew from five years of field and quantitative study of the Generation FIT program. (www.generation-fit.com and <http://exerlearning.blogspot.com>)

What's Exerlearning?

ExerLearning is the premier solution for integrating physical activity, technology delivered programming, and exactly what brain research has proven to positively impact academic success, focus and productivity. Tapping in to students' love of video games, ExerLearning is delivered via a variety of proven and easy-to-implement programs: Generation FIT, FootGaming and TEAM e³.

ExerLearning delivers increased academic success! From the use of a plug and play computer peripheral, the Foot-POWR, to a full student managed “mobile ExerLearning arcade”, the BluFIT, ExerLearning is easily integrated into the very outcomes teachers need. Student fitness is increased along with their academic success. Learning is enhanced by student-led, technology delivered activity.

Proven results: Students who did 10 minutes of rhythmic aerobics before a standardized test did up to 25% better on the test than students who received 20 minutes of test-specific tutoring. ExerLearning strategies and peripherals deliver exactly this sort of activity at the time and place you need it. For more on ExerLearning, please see <http://www.footgaming.com/School/ExerLearning/>

HOW DOES TEAM E3 WORK?

Once they are trained, the grade 4-12 “Mobile Arcade Management Team” will be able to earn time to deliver mobile FootGaming stations to the classroom, media center or computer lab where it will be used. During lunch, after school and for Family Learning Nights students will provide expertise and service to the school. Even though students are

trained, they may not wear their TEAM E3 uniform shirts or perform their duties unless they have completed contracted assignment, behavior, attendance or other requirements. Our training manual details how to schedule and organize the TEAM E3 program so it runs smoothly from Day One. One of the most important aspects of TEAM E3 is the ability to harness the expertise and energy of students to deliver ExerLearning capability throughout a school.. Administration and participating teacher buy-in is crucial to your obtaining the best results for all stakeholders

Overview of the TEAM e³™ Program

Once you identify the students who will participate in the TEAM e³ program the rest is easy. Online resources provide video clips and training manuals. In about 90 minutes of training broken in to 3 sessions your students will have encountered a turning point in their lives. Once they experience our slideshow, “Brainy Stuff,” a light bulb goes on for so many. The brain research may be exactly what a university student might learn, but it is absolutely compelling and relevant for many students who struggle in school because of their learning styles, ADD/ADHD and other conditions that consistent and regular physical activity breaks can help.

The Generation FIT/ExerLearning philosophy requires that your targeted students teach the “Brainy Stuff” content to peers, and to other teachers. As they “own” and share the valuable information they become more expert and also begin to re-define their personal definition of who they are and what their role and persona is at school. One aspect of the TEAM e³ program is a Faculty Wellness option. We can provide detailed information on that at your request.

Projected Outcomes:

Participating students will:

1. Increase reading scores by 15% (teacher assessment)
2. Increase engagement in school (pre and post survey)
3. Decrease absences by 20% in 9-week project (school measures)
4. Provide at least 20 hours mentoring peers (time schedule)
5. Contract for academic productivity or other goals to be accomplished BEFORE the student can fulfill TEAMe³ and Faculty Wellness roles (contract and teacher assessment)
6. Increase physical activity by 60 minutes per week (time sheet)
7. Become aware of unique talents and expertise valuable to learning and relevant to the workplace (pre and post program survey)

(Optional) Lead and manage a Faculty Wellness program for interested teachers and staff – and/or in the community workplace.

Research has shown that 10 minutes of aerobic exercise before a cognitive task can increase success at the task. Kinesthetic learners, on average that is 85% of students, will focus on their work and produce higher quality results after regular practice doing the interactive computer and game options of FootGaming® and BluFIT®. The very students who seem to be “failing” when traditional teaching strategies are provided have exactly the aptitudes and skills necessary to be highly successful at TEAMe³. Teachers will find themselves with “partners in fitness and learning” where an “at-risk” student used to be. In addition, as students lead and manage “employee wellness” at school and in the greater community they will internalize (by teaching) the very messages and habits we’ve been working so hard to impart .

Interactive software and games connected to peripherals that require physical activity and balance deliver increased success in cognitive tasks like reading and math – while simultaneously providing rich fitness benefits. The TEAMe³ program adheres to NCLB, NETS and NASPE standards, school-to-work guidelines, and service learning. It reaches students with diverse aptitudes and special needs especially in grades 4-12.

Why add fitness to the academic process? It's more than just keeping kids fit

Not only are we facing grave challenges in our quest to develop strong reading and literacy skills among our students, children are less fit and have a wide range of attention and behavioral issues we must accommodate. A fit child is better prepared to learn. Our less-fit students must battle lethargy, fatigue and a physically induced lack of focus. They often suffer from ADHD, fetal alcohol syndrome, possible drug use and other dangerous habits – or are at risk to one day make poor choices in that direction. Brain research shows a direct connection between movement and balance practice to reading success, increased confidence-self esteem, stress reduction and mind-body health. Eye-tracking and patterning inherent in interactive computer games also provides valuable skill practice necessary for reading and math success. New discoveries in the science of exercise and the brain link movement to great opportunities to reach at-risk students.

Participation in the TEAMe3 program

- Boosts self esteem and confidence
- Prepares the mind for cognitive tasks
- Helps students focus and concentrate
- Helps strengthen school and community engagement
- Encourages recognition of expertise and talents of self and others.
- Helps with stress control and reduces anxiety.
- Helps to develop independence.
- Helps students build collaborative skills and team-building practice
- Increases oral and written communication skills.
- Game playing as a team helps to increase respect for others.
- To encourage an active lifestyle into adulthood.
- Provides a bridge to relationships and networks within the business community

Over-burdened teachers are challenged with providing learning strategies that work.

Is there time for one more program, no matter how effective or necessary it might be?

With Gen Xe³, we don't expect the classroom teacher to add more roles to an already over-busy schedule. Our program includes peer-mentor and student management processes that are easy to integrate.

We provide solutions for many educational objectives while working to solve the fitness crisis.

Schools with Wellness Plans and PE mandates will find this is an easy way to add 15-75 additional minutes of physical activity weekly

Faculty Wellness is an important motivation, productivity and team building opportunity. When your GenXe³ students lead and manage aspects of a faculty Wellness program the school saves money in many ways

We can provide a guide for re-designing your wellness plan to include student voice

Yes, some of our kids are in trouble and the very same kids can be the solution, the TEAM e³ way

Our test scores are less than what we hope for, but ExerLearning delivered the FootGaming way can go a long way towards making the difference we all want.

