

The 10 X 8 ExerLearning® Program

This scheduling form used as an example with ExerLearning with the FootPOWR™ computer peripheral. The key to success with 10 X 8 is regular FootGaming practice **before** a challenging assignment or lesson. You can re-create the form for elementary, middle or high school schedules by time or by period or teacher. This form is simply an example.

The actual time spent FootGaming™ should be 10 minutes and the process should last for 8 weeks. That's why we call it 10 X 8. This process is most successful when the targeted students and teachers use a simple kitchen timer.

Procedure:

Suppose Mr. Smith will be presenting a challenging math lesson from 1:45-2:15 on Tuesday. When Mr. Smith **sees the targeted student on Monday** he will open the 10 X 8 student folder and turn to the page for **Tuesday** and fill it in as shown below.

The student (already trained in Brainy Stuff and FootGaming) goes to the FootGaming station shown on his or her schedule at 1:30, starts the timer and begins to play. 10 minutes into the FootGaming the student shuts down the FootGaming station or simply logs out and returns to class to be in his or her seat ready to learn at 1:45.

In the example below, Mrs. Costa will be giving a test right at 9:30 at the beginning of the period. She cleared the 9:15-9:30 time with the teacher who has the student before her class. Sometimes the challenge starts right at the beginning of a class and the student will gain most by Footgaming before the challenge.

This requires some coordination among teachers. It is usually an easy procedure. Over time all teachers benefit from the targeted students' greater engagement, productivity, focus and academic improvement.

Consequences: If a student is late on return that student may not participate in Footgaming for the remainder of that day and the next day. This is something that rarely occurs after the first incidents among the targeted students. They will do almost anything for extra game time. Most students have fewer absences and fewer incidents of negative behavior while in the program

Evaluation and Data: Each participating student is given a unique user ID. Each time they log in for their Footgaming session the FootPOWR will log their steps and time. It is easy to check on the data collection at each computer station. Universal IDs can be obtained from FootGaming (Shasek) at no charge. This will allow a user to log in to any computer at home or at school and have a running tabulation of steps, time, miles and even calories.

Some schools use this feature for Employee and Student Wellness initiatives. Contact us for more information shasek@footgaming.com

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Sample 10 X 8 Scheduling Sheet

Name:			
Date: Tuesday 2/9	Teacher	Challenge	Pre-Challenge FootGaming
7:30-8:30			
8:30-9:30	9:15-9:30 Mrs. Costa	Social Studies exam	Use in-class FootGaming station
9:30-10:30			
11:30-12:30			
12:30-1:30			
1:30 – 2:30	1:30-1:45 Mr. Smith	Math lesson	Use computer lab FootGaming station #4
2:30-3:30			
3:30-4:30			
After School			