University of Georgia
Physical Activity and Learning
After-School Program

21st Century Community Learning Center
Georgia Department of Education
2014-2019

30 children
Adam Kurtz

30 children
Anissa Johnson

5 UGA Professors
7 UGA Graduate Students

A cross-disciplinary program:
- Kinesiology
  - Educational Psychology
    - Health Promotion & Behavior

Enrichment
- Mathematics
- Reading
- Physical Activity
WHAT WE DO!

Physical Activity Games

Mathematics enrichment

Reading enrichment

https://www.youtube.com/watch?v=9VWxCvp7zA
WHERE THE PAL PROGRAM CAME FROM!
-- RESEARCH --

Education *through* the physical – Thomas Wood 1883
“Physical education must aim as broad as life itself”

2000-PRESENT – EFFECTS OF EXERCISE ON COGNITION

UGA/MCG (GRU)


Intervention: 4-month
After-school exercise program

![Graph showing group conditions before and after exercise](image)

![Brain scans before and after exercise](image)
WHERE THE PAL PROGRAM IS HEADING!
-- TRANSLATIONAL RESEARCH --

2007 – EFFECTS OF MOVEMENT ON LEARNING

“Principles”
Teaching Mental Control (Executive Function):
   Stopping (inhibition)
   Updating (working memory)
   Switching (variation)
Teaching Problem solving
   Discovery

Children learn “Spatial Awareness” – relation movement in space
   - Underlies – mathematics and reading skills

Future plans → A “Center” for the study of Physical Activity and Learning
   - Cross disciplinary graduate-training program
   - Teacher-training program
   - Service-learning program
   - Distance learning program
   Need for funding support
PAL contributors

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