Lesson 5 Main Ideas:

Memory, environment, and emotions are very closely linked-Associative memory. Make learning a positive experience.

Performing a movement is much like perform an academic task. The movement must be learned in several steps. As soon as all of the steps to a movement are learned the steps are then put together and retrieved from memory as one big picture.

Attention Memory Motivation= Big 3 of successful education (increase positive sensory stimulation; more senses involved the easy recall becomes)

This week’s exercises are the same type of total body movements as in the past weeks. A little more travel involved this week, such as bear crawls and shuttle runs. The Brain Challenges for this week involve memory. Testing Memory by studying, words, names, faces, or pictures; switching modes and doing a physical activity and afterwards trying to recall the previously studied words, names, faces, or pictures.