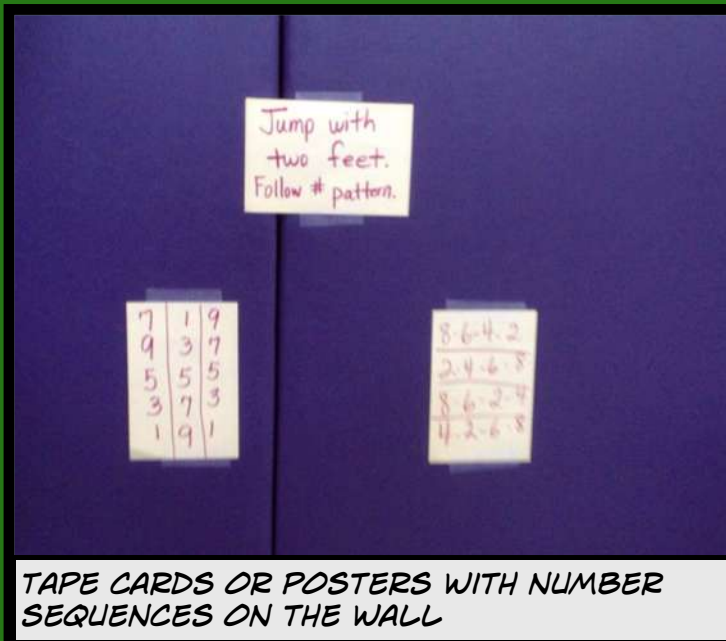
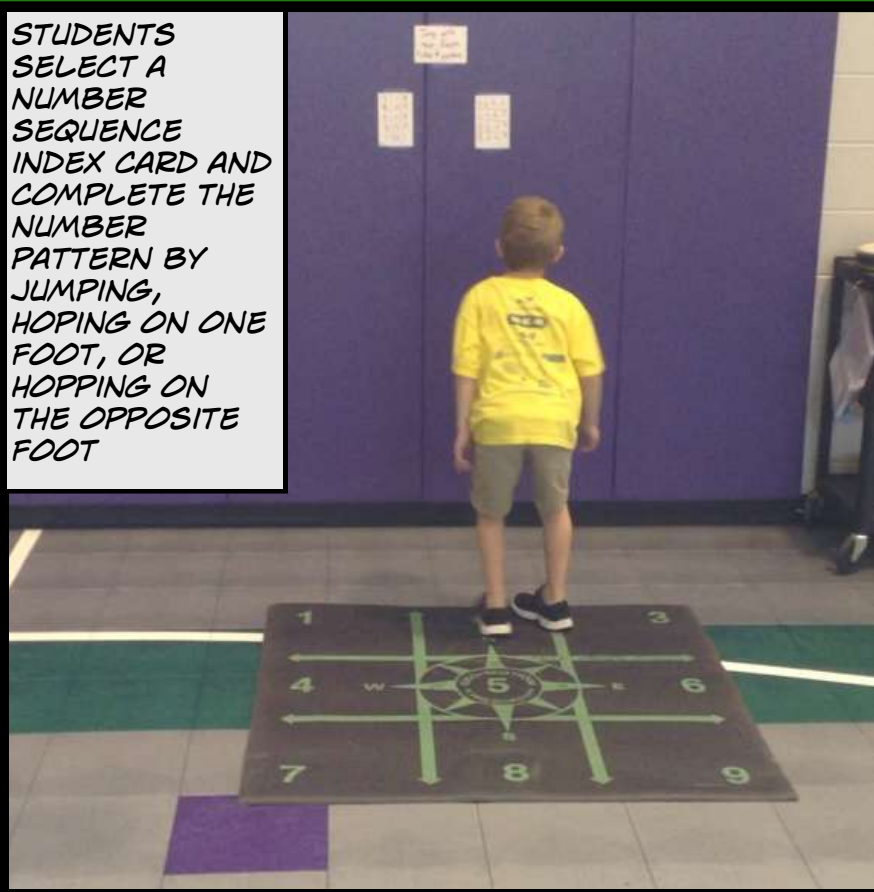


GEO MAT PATTERNS

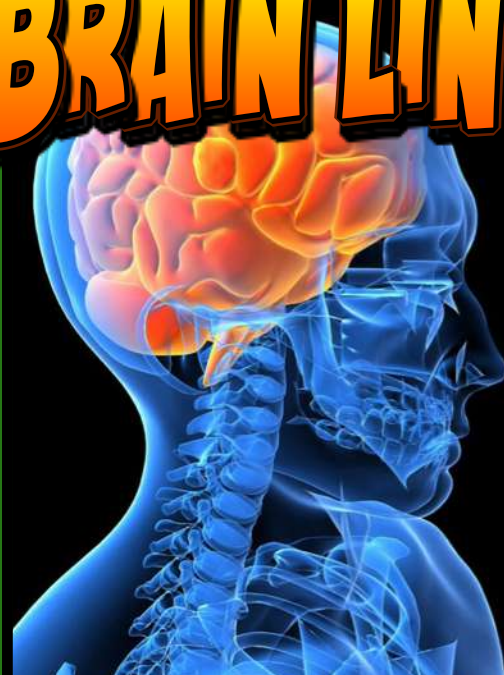
YOU WILL NEED...



STUDENTS SELECT A NUMBER SEQUENCE INDEX CARD AND COMPLETE THE NUMBER PATTERN BY JUMPING, HOPING ON ONE FOOT, OR HOPPING ON THE OPPOSITE FOOT



BRAIN LINK



AEROBIC ACTIVITY NOT ONLY INCREASES BLOOD FLOW TO THE BRAIN, BUT ALSO SPEEDS RECALL AND REASONING SKILLS.