



Windsor Unified School District
BRAIN INTEGRATION STATION (BIS)
with Ms. Green-Physical Education Teacher
For The Higher Functioning of The Brains of WUSD Students

When a student comes to the BIS, they get to choose activities. Each activity is set up to allow for brain integration (communication between right and left brain). Each station activity has multiple variations and several levels of challenge. The purpose of each exercise is to encourage crossing the midline with the limbs. Ideally, students would reach for mastery of a skill, before moving on to another skill. By "CROSSING THE MIDLINE" we are actively creating pathways and making them stronger between the left and right side of the brain which is critical for learning and language development.

The Brain Integration Station is a place for physical literacy to promote academic efficiency in the classroom setting.

Stations:

1. [Bal-A-Vis-X](#)
2. **Balance Boards/Balance Beam**
3. [Cross Jacks](#) (3 sets of 20/30/50)
4. [Cross Crawl](#) (Level 1, 2, 3)
5. **Balance Discs/Boards**-by establishing good balance, you are ensuring strong "VESTIBULAR INTEGRATION". This frees up the part of the brain that is working on orientation in space (a.k.a. balance) to doing higher level cognitive skills such as: expressive language, reading, writing and much more...
6. [Skippping and Galloping](#)
7. [Jump Rope-Criss Cross](#)/Side Swing
8. [Speed Stacks-Cups](#)
9. **Figure 8's:** Have the student stretch out their arm while supporting arm with the other hand. Starting in the midline of the body, have the student trace an eight on its side (infinity symbol) in the air. Move from the midline up to the left and around (as if writing the letter c), cross the middle and up to the right in one continuous movement. Let the student follow their movement with their eyes and have them move their body as little as possible. Change hands and repeat.
10. **Rope Pulling**-Pulling hand over hand is a great activity to work on bilateral coordination.
11. **Walk the Line: Balancing Bean Bag/Book on head**
12. **Jump Rope: (using criss cross jumps with feet, and criss cross tricks with the arms).** The criss cross motions involve crossing the midline with the arms or feet, which integrates the brain right to left, and left to right. When the brain is integrated, a student's mind can focus more clearly on the task in front of them.
13. **Badminton skills:** trying both favorite hand and non favorite hand. This fosters [hand-eye coordination](#) which integrates the brain fostering better reading and decoding.
14. [Revolution In Motion Exercises](#)-Nervous System Integration and Core Training

~Written and compiled by Laurel Green using a variety of Brain Integration Resources.

Laurel Green

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BA Psychology-UC Davis

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