



## Cognitive-Physical Exercise Cards K-4

Step 1: Project the Activity

Step 2: Move to the Pattern

Step 3: Count the Beats or Say the Moves Out Loud

Step 4: Create, Combine & Divide Patterns

Step 5: Let the Children Lead

"We move on the beat in time together."

# Welcome to the ACTIVATE 5n45 Cognitive-Exercise Program Cards

The ACTIVATE 5n45 Cognitive-Exercise Program is a set of cognitively engaging physical exercises designed to work together with the ACTIVATE Computer Training Games to increase Focus, Self-Control, and Memory.

Our team at C8Sciences and Yale University has designed a developmental progression of physical activities that promote cognitive and motor skill development, pro-social interaction, and physical fitness.

The physical and computer exercises both harness the remarkable power of the human brain to shape its structure and function through training. The physical exercises stimulate the same neurocognitive systems as do the computer exercises but in the context of whole-body activity and social interaction.

In 5n45 we cross-train cognition with motor exercises in eight domains that emphasize balance, coordination, core strength, agility, hand skills, gross-motor skills, cognitive-motor timing, and spatial movement.

The cognitive-physical activities engage:



**FOCUS**



**SELF-CONTROL**



**MEMORY**

# Welcome to the ACTIVATE 5n45 Cognitive-Exercise Program Cards

Each activity progresses developmentally, first introducing students to foundational motor skill competencies, such as matching their motor movements and vocalizations to a beat. Coordinative bi-lateral beat competency requires thought.

The activities evolve in complexity increasing both the cognitive and motor demands on the participants. More basic activities are designed to be repeated until students exhibit a moderate degree of skill competency before they progress to a new set of exercises. This increases student confidence, competence, creativity, and engagement.

The cards are shown one page at a time to your students to guide cognitive-motor activities you do in your classroom for 3-5 minutes throughout the day. The cards are designed to encourage student cognitive engagement, social-interaction, and creativity. Moving through the activities is simple. Project the cards one at a time on the whiteboard or wall in your classroom, do the patterns on one card three times in a row. Talk with your students about the cards.

What do they say?

How would we read them left to right?

What does it look like when we move to the words on the cards?

What new patterns will we create together?

Then do the patterns together. Count or say the moves out loud, this provides cognitive cues for your brain.

"1 2 3 4 5 6 7 8" or "Right Left Right Left Right Left Right Left."

Take your time and go slowly at first. Cognitive-Motor competency takes time and practice.

The 5n45 movements can be done at your students' desks, in lines, squares or group circles, mirroring, alternating or dividing the patterns.

You may view the videos to learn more about helping your students move "On The Beat in Time Together" with 5n45.

**March**



**Stomp**



**Pause**



## 6 Simple Movements

Infinite patterns and possibilities



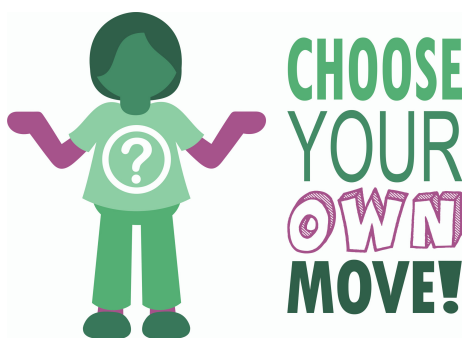
**Clap**



**Hand  
Tap**



**Choose  
Your  
Own  
Move**

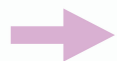
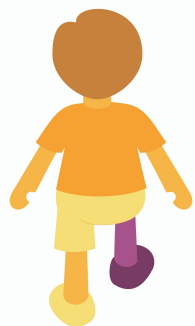


## 6 Simple Movements

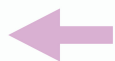
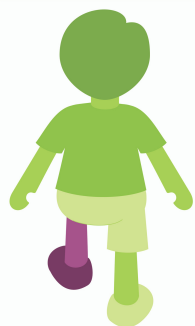
Infinite patterns and possibilities



# March To The Beat



# RIGHT MARCH



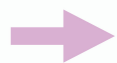
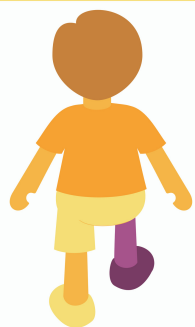
# LEFT MARCH



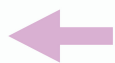
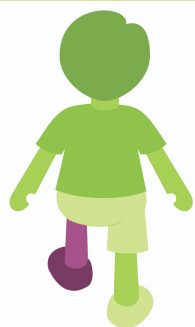
# RIGHT MARCH



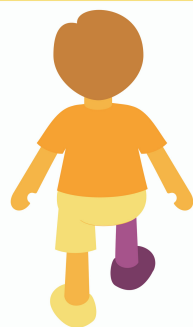
**LEFT**  
MARCH



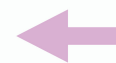
# RIGHT MARCH



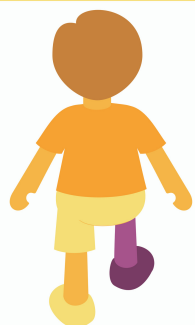
# LEFT MARCH



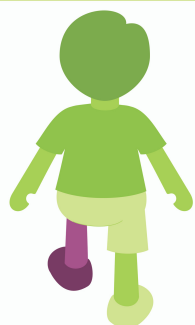
# RIGHT MARCH



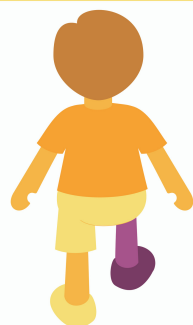
# LEFT MARCH



# RIGHT MARCH



# LEFT MARCH



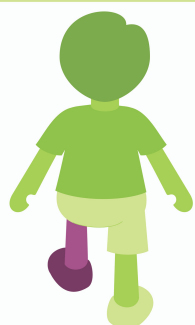
# RIGHT MARCH



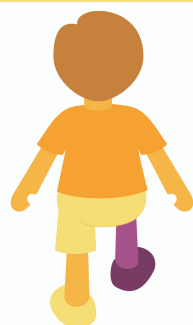
**LEFT**  
MARCH



# RIGHT MARCH



# LEFT MARCH



# RIGHT MARCH



# LEFT MARCH

# Double March To The Beat

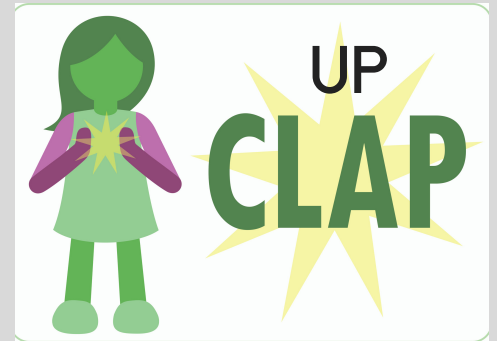


# Clap & March





# Clap Up Down



# Double Stomp To The Beat



→  
**RIGHT**  
STOMP



←  
**LEFT**  
STOMP



→  
**RIGHT**  
STOMP



←  
**LEFT**  
STOMP



→  
**RIGHT**  
STOMP



→  
**RIGHT**  
STOMP



←  
**LEFT**  
STOMP



←  
**LEFT**  
STOMP



→  
**RIGHT**  
STOMP



←  
**LEFT**  
STOMP



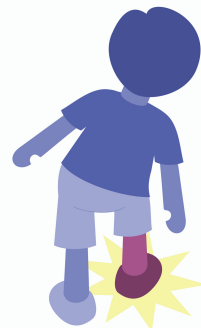
→  
**RIGHT**  
STOMP



←  
**LEFT**  
STOMP



→  
**RIGHT**  
STOMP



→  
**RIGHT**  
STOMP



←  
**LEFT**  
STOMP



←  
**LEFT**  
STOMP

# Stomp Clap Clap



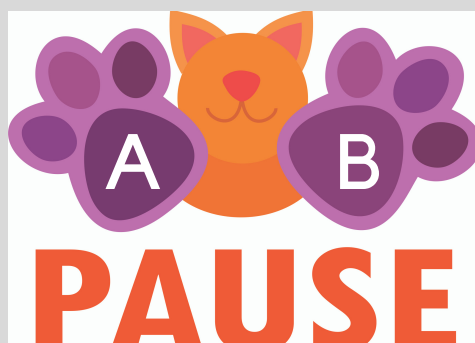
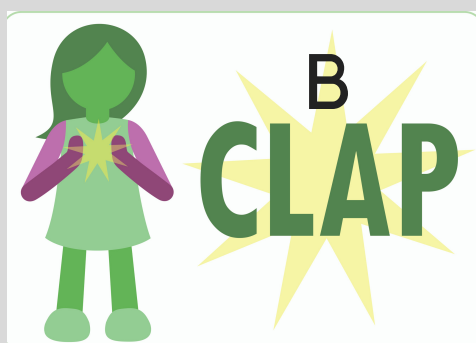
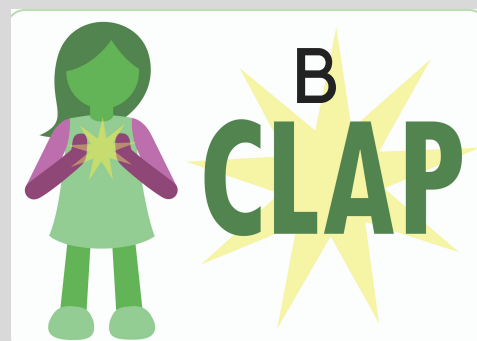
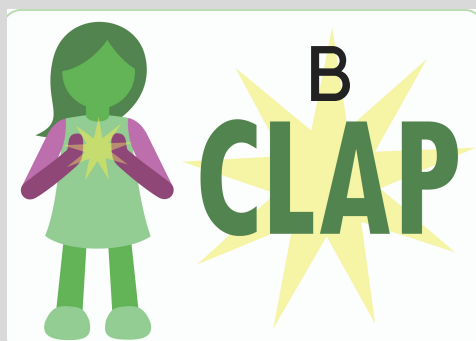
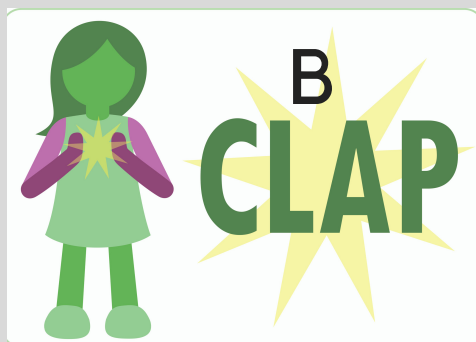
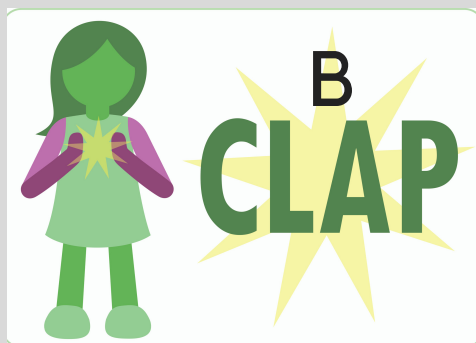
# Stomp & Pause



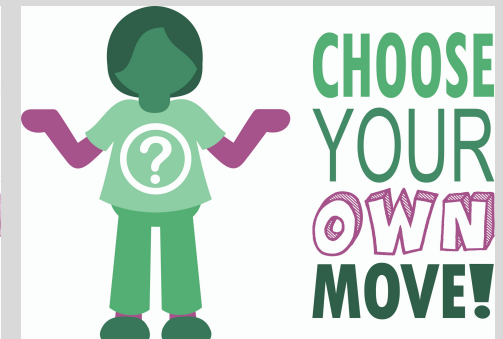
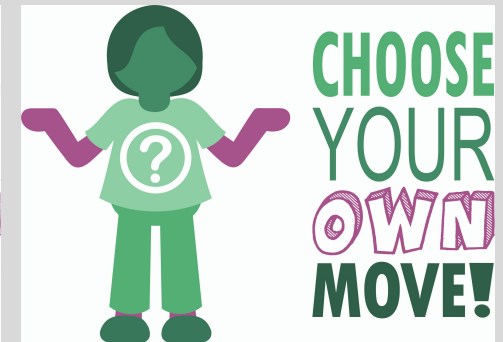
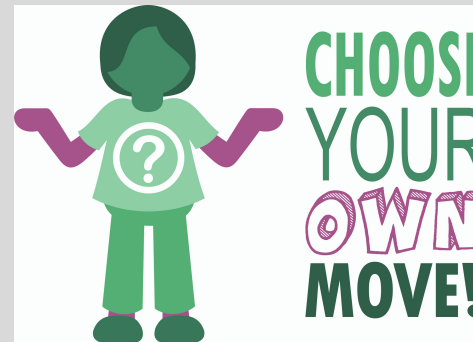
# Stomp Clap Pause



# Stomp Clap Pause (Divide)

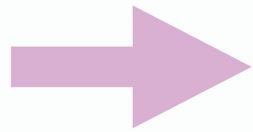


# Stomp Make Your Move

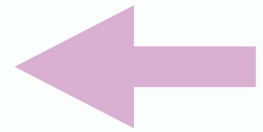
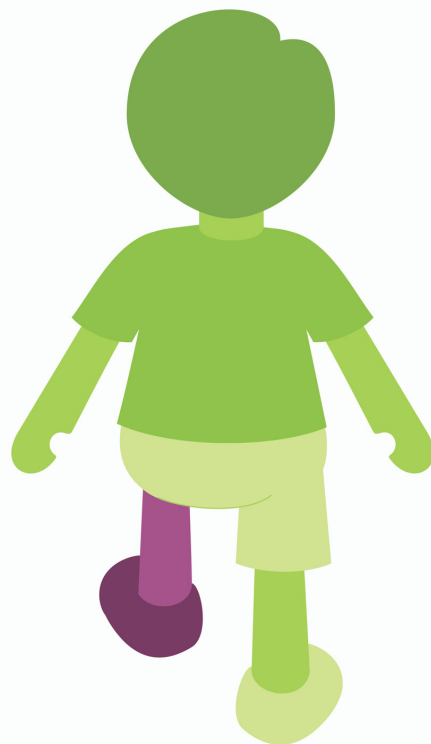




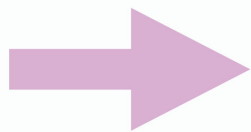




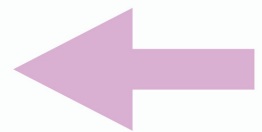
**RIGHT  
MARCH**



**LEFT  
MARCH**



**RIGHT  
STOMP**



**LEFT  
STOMP**





CHOOSE  
YOUR  
**OWN**  
MOVE!

Print Out the  
Characters and  
Make Your OWN  
Patterns.