



Motor Lab

Ready Bodies, Learning Minds Motor Lab

Motor skills are necessary for a child to communicate in several ways, including writing, speaking, and keyboarding. Movement cannot be separated from knowing and understanding; movement is part of what we remember as we learn. Movement also cannot be separated from accomplishments; it is part of how we express what we have learned.

The Ready Bodies, Learning Minds (RBLM) program uses consistent, foundational exercises to support the needs of all students. This task-oriented circuit training offers developmental support for the reflex, tactile, proprioceptive, vestibular, visual, and auditory systems.

This year, RBLM will be used by the entire Embers student community, from PreK through 5th Grade. **The goals of Motor Lab include:**

- To help students develop the skills necessary for learning readiness and mastery of the environment.
- To improve a student's ability to maneuver and function in their environment, leading them to better performances in tasks such as handwriting, sitting still, paying attention, speaking, and behavior.
- To stimulate the student's sensory systems.
- To allow students the ability to better control themselves and accomplish tasks by making them aware of their environment and by learning about the sensations of their own movements.
- To create a base for the skill-building of physical education.
- To build a structure for the acquisition of academic skills.

