



**Moore Elementary School**

**Franklin Special School District**

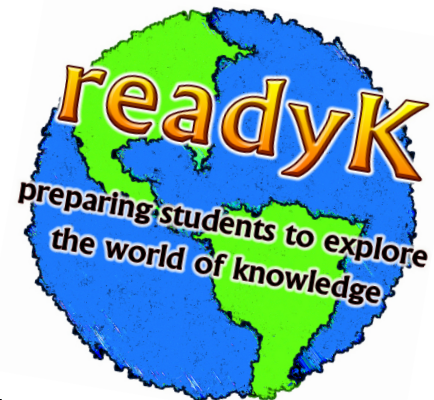
## What is *readyK*?

*readyK* is an innovative program developed by special area teachers at Moore Elementary to advance brain stimulation and brain development by integrating cross-curricular areas of art, guidance, library, music and physical education. Experiences and activities of *readyK* prepare brains and bodies of young children for success in the classroom.

Review of literature and research reveals many students from every socio-economic status lack early childhood movement, artistic and musical experiences that stimulate and prepare the brain for academic learning. Sleeping and lying on the back as infants and riding in car seats for large blocks of time interfere with basic

motor and vision development. In many homes screen time has replaced experiential play and activity.

All disciplines represented in *readyK* meet state & national standards.



*Every child... Every day... Every discipline*

Daily participation in *readyK* anchors concepts, knowledge and skills. The program addresses readiness challenges of kindergarten children more effectively than traditional 30-minute classes meeting once or twice weekly. Repetition, intensity and frequency of daily participation in *readyK* produce first grade students well prepared to learn reading, writing and mathematics. Students who have participated in *readyK* also demonstrate skills and confidence in all special areas (art, guidance, library, music and physical education), far surpassing results obtained prior to implementation of *readyK*.



In the **creative art/fine motor center** students explore media, techniques and processes while learning the structures and functions of art. They are introduced to historical and cultural relationships in subject matter, symbols and ideas, while learning to appreciate their own art and that of others. In addition to creating works of art, activities focus on using the muscles in the hands developing fine motor skills.

Visual activities aim to develop far and near point acuity and fusion, convergence, tracking, and lateral and vertical coordination of the eyes. **Vision development** is critical for children to experience ease and success in learning to read and write but is often overlooked in the school setting.

The **music center** involves students in activities designed to develop tonal and rhythmic audiation skills. Children participate in vocal exploration games, finger plays, chants, songs, improvisations and movement exercises in various tonalities and meters. Children learn to emphasize macro and micro beat pulsations using parts of the body, sticks, scarves, balls and hoops while moving with continuous flow.

Relationship building between the counselor and students is the primary goal of **readyK guidance**. Character education is reinforced with stories and poems.

The library media specialist facilitates tasks that incorporate balance, movement, literacy skills and literary appreciation. Activities in the **literacy center** are developed on the premise that combining movement with academics anchors the learning.

**Crawling and creeping** are cross lateral movements stimulating the right and left hemispheres of the brain to work in cooperative balance rather than in competitive conflict. Creeping also fosters development of binocular vision and vision convergence.

**Sports skills** throwing, catching, dribbling, volleying, striking and kicking are introduced in **readyK**. Basic locomotor skills of jumping, hopping, running, leaping, galloping and skipping are developed throughout the year.

The **movement center** incorporates many gymnastic activities focusing on climbing, balance and gross motor skills. Daily participation helps students develop abilities such as body image, balance, spatial awareness, laterality, hand-eye and foot-eye coordination and directionality. Teacher directed activities are precise and specific. Students also have many opportunities to explore and design their own movement patterns.

The fundamental abilities of balance, locomotion, discrimination of speech and language and coordination of vision with movement depend upon the proper functioning of the audiovestibular system. Controlled movements such as log rolls, pencil rolls, forward rolls and cartwheels serve as the foundation for **vestibular stimulation**.



#### References:

1. Edwin Gordon, *Primary Measures of Music Aptitude CD Rom* (GIA Publications, [www.giamusic.com](http://www.giamusic.com))
2. Valerio, Reynolds, Bolton, Taggart, Gordon, *Music Play: Curriculum Guide for Parents, Teachers and Caregivers* (GIA Publications, [www.giamusic.com](http://www.giamusic.com))
3. Music Learning Theory Website ([www.giml.org](http://www.giml.org))
4. R. Phyllis Gelineau, *Integrating the Arts Across the Elementary School Curriculum* (Thomson, Wadsworth, 2004)
5. Eric Jensen, *Arts with the Brain in Mind* (Alexandria, VA: Association for Supervision and Curriculum Development, 2001)
6. Daniel Pink, *A Whole New Mind: Why Right-Brainers Will Rule the Future* (Penguin Group, New York, 2006)
7. Lester L. Laminack, *Learning Under the Influence of Language and Literature* (Heinemann, Portsmouth, NH, 2011)
8. Stephen D. Krashen, *The Power of Reading, Insights from the Research* (Heinemann, Portsmouth, NH, 2004)
9. Mary Ann Clark, "Building Connections, Communication and Character in Classrooms," *Journal for the American School Counselor Association*, January 3, 2005
10. Paul and Gail Dennison, *Brain Gym Handbook: the student guide to brain gym* (Ventura, CA: Edu-Kinesthetics, Inc., 1997)
11. Carla Hannaford, *Smart Moves: Why learning is not all in your head* (Alexander, NC: Great Ocean Publishers, 1995)
12. John Ratey, *SPARK: The revolutionary new science of exercise and the brain* (New York: Little, Brown and Company, 2008)
13. Billye Cheatum and Allison Hammond, *Physical Activities for Improving Children's Learning and Behavior: A Guide to Sensory Motor Development* (Human Kinetics, 2000)



**Moore Elementary School**  
**1061 Lewisburg Pike**  
**Franklin, TN 37064**  
**(615) 790-4700**  
**[readyKprogram@gmail.com](mailto:readyKprogram@gmail.com)**  
**[readyK.com](http://readyK.com)**