Exercise Ball Agreement

Should my child use an exercise ball?

Deciding whether or not to allow your child to replace their chair with an exercise ball is a decision only your family can make. I do not force any students to use the exercise balls, but I have seen many students become more focused and enthusiastic learners when allowed to “wiggle” while still being able to work on academics.

Research:

I have found exercise balls to be a great option for students who struggle to stay focused, on-task, and emerging research shows that students who use exercise balls have gains in concentration, on-task behavior, and show increased academic gains.

There are 3 main purposes for using the ball chairs and incorporating movement into the classroom:

1. Movement increases blood flow to the brain, which is better for brain function (and learning!).
2. Movement helps children "get the wiggles out" which aides their natural need to move.  This helps them focus by expending the excess energy they build up throughout the day.
3. Sitting on a stability ball supports and builds their core muscles which support small motor muscles (think writing and hand strength).

Choice:

I think choice is really important for students. Some days students may request to sit on a chair. I make these accommodations because I understand that sometimes students just want a break from the posture required to balance on the ball. The students have been told that this is ultimately a decision that you, as their parent, gets to make.

Rules:

1. Keep your bottom on the ball.
2. Keep your feet on the ground at all times.
3. Little bounces only.
4. Keep supplies away.
5. Only touch your own ball.
6. Tuck your ball in when you get up.

At the end of the day we will put our yoga balls on top of the tables with a Frisbee to hold it in place.

Consequences:

For students who fail to follow the rules, the following consequences will be used:

1. Warning.
2. Lose your ball for 1 hour.
3. Lose your ball for a day.
4. If a student continues to make poor choices, they will lose the opportunity to sit on the exercise ball.

I understand the rules for the exercise balls and agree to follow them. I understand that if I do not follow them or use my ball in an unsafe way, I may lose my opportunity to have an exercise ball for my chair.

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_

\_\_\_\_\_I agree for my child to use an exercise ball in Ms. Welch’s class Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Movie clips and articles for you to find out more:

<http://youtu.be/vNFaWRuWaSk>

<http://youtu.be/AdxduVSxUNo>

<http://youtu.be/86-5VfurIKk>

<http://youtu.be/6UGZjrSHhuA>

<http://www.livestrong.com/article/403541-what-are-the-benefits-of-stability-balls-in-schools/>

<https://docs.google.com/file/d/0B9W9zLIJ-lchNWY1MTk1NzctOTlkZi00Yzg1LTg4ZDUtNTQ2NWI1YzgwNDhk/edit>

<http://bigstory.ap.org/article/teachers-ditch-student-desk-chairs-yoga-balls>