In 2013 the Southern Learning Centre has implemented Jean Blaydes’ Action Based Learning laboratory. [http://abllab.com/](http://abllab.com/)

The concepts of the ABL program are based on brain research that indicates the theory movement improves brain function and has a positive impact on students learning.

The Southern Learning Centre adopted this program for a number of reasons – to implement a daily physical activity period, to engage students in particular activities to enhance their learning dependent on their needs and to promote structural activities to improve physical performance in particular balance and coordination.

We found the program to be flexible and adaptable, meeting the needs of every student and fitting into the daily timetable making the program teacher friendly and allowing each student to experience success at their own level of development.

The students at the Southern Learning Centre thoroughly enjoy the program and look forward to it. Making such comments as this is fun, I can do that now. It has been rewarding watching students smile and feel success when they can see their own improvements.
ABL engages students in physical activity, which is fun, non-competitive and challenging. Improvements have been noticeable in their fitness, coordination, academic performance, focus and general well-being. We want students to connect physical activity with a healthy lifestyle creating the foundations to continue being active into adulthood.

ABL is a part of their learning program, focussing on the needs of each individual child, whether a student needs more exposure to balance, crawling or jumping or combinations of the above.

*Please have a look at this link to see the video of the children going through the stations.*

http://youtu.be/XDCCk4SSc3Y

**Teacher comments:**

ABL provides a “positive experience” the students look forward to and thoroughly enjoy. Students experience “success” and a sense of “achievement” at the beginning of the day which has a lasting effect to the final bell. It’s a great opportunity for students and staff to work together and have “fun.”

Ben

ABL Uplifts students and makes them confident and productive for the lessons ahead. ABL makes them full of life and very proud.

Brynn

Our students eagerly look forward to the ABL Session each day. For some children it is the only form of physical activity that they join in with. For several of our children there has been quite an improvement in their gross motor coordination skills after the 10 week program, this in turn has shown an increase in their self-confidence and work levels. Teacher

The junior primary children have loved doing ABL with Petra. It has been a strong motivator in getting them engaged first thing they know they will have a “physical” break in an hour. It gives them a chance to re-energise and practice and develop some much needed co-ordination skills. Improvement has come most to those students who had very poor coordination skills. I would really appreciate a space to run the program every day despite the weather. Petra

For more information contact;

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Video Playlist;

http://www.youtube.com/playlist?list=PLCp3_brrD7xoWktOg-uK6dCLuZTRpHK2Z

eat well be active - Primary Schools Project , a joint SA Health and Department for Education and Child Development project from 2008-2013