

Sheet	School	Example
Brain Gym	Elm Park Primary	Brain gym - partnered
Brain Gym	Gillingstool	Left right activities – physical movements, crossed hands activity
Brain Gym	Gillingstool	e.g. count aloud and move arms; cross over activities to reinvigorate brain
Brain Gym	Hanham Abbots Junior School	Brain gym for times table practice R=3, L=6, B=9, R=12 etc
Brain Gym	King Edmunds Community School	2 year 7 groups alphabet
Brain Gym	Kingsfield	E.g. Sir Says
Brain Gym	Ridings High	Numbers, Alphabet, School subjects
Brain Gym	Rodford/Gillingstool/Sir Bernard Lovell/Ma	Spelling out name using arm you write with, repeat using other arm, repeat using both arms, repeat spelling name backwards and forwards etc. Use both hands, mirror image, upside down (even better with sparklers)
Brain Gym	Samual Whites Infant School	Constant use of movement to encourage focus and fun!
Brain Gym	The Meadows	Brain gym to practice 2, 5 and 10 x tables
Brain Gym	Warmley Park	Brain gym and increased water intake – water bottles available at all times – pupils now take initiative to do Brain Gym at regular intervals during day