

Resources:

**"Spark: The Revolutionary New Science of Exercise and the Brain"**

by John Ratey

[http://www.amazon.com/Spark-Revolutionary-Science-Exercise-Brain/dp/0316113506/ref=sr\\_1\\_1?ie=UTF8&qid=1332182006&sr=8-1](http://www.amazon.com/Spark-Revolutionary-Science-Exercise-Brain/dp/0316113506/ref=sr_1_1?ie=UTF8&qid=1332182006&sr=8-1)  
my #1 recommendation...

also, visit his website: <http://www.johnratey.com/newsite/index.html>

**S'cool Moves**

<http://www.schoolmoves.com/shop/index.cfm/category/11/developmental-activities-grades-k-5.cfm>

Book and Posters

This is the book that helped me understand the connection between learning, Occupational Therapy, movement, and PE.

**Bal A Vis X**

Rhythmic Auditory Vision exercises for brain-body integration

by Bill Hubert

The book is informative, but reads like a story and is hard to skim or refer back to.

I like the website better:

<http://www.bal-a-vis-x.com/exercise.htm>

Good balance-board and juggling progression videos

**Smart Moves: Why Learning is Not All in Your Head**

Carla Hannaford

<http://www.amazon.com/Smart-Moves-Learning-Your-Head/dp/0915556278>  
very informative, gets into the brain science behind movement...

**Arts with the Brain in Mind**

By Eric Jensen

[http://www.amazon.com/Arts-Brain-Mind-Eric-Jensen/dp/0871205149/ref=sr\\_1\\_1?ie=UTF8&qid=1332184261&sr=8-1](http://www.amazon.com/Arts-Brain-Mind-Eric-Jensen/dp/0871205149/ref=sr_1_1?ie=UTF8&qid=1332184261&sr=8-1)

Only a small (but very good) section on PE stuff but the whole book is great and it might even inspire some music/dance/PE integration.

*Here's a review:* <http://www.hepg.org/her/booknote/61>