Gray Matters Training, Kim Bevill Classes
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Sports into Daily Learning & Key Curriculum:

Teach science, math, literature and writing, social studies and humanities, and relationships with sports. It provides engaging examples from real life to catapult any content you teach, especially CLD students. The American Math Association recommends sports as relevant and meaningful curriculum: click here to read their article.

Cognitive neuroscientist, Sian Beilock found MRIs reveal an increase in activation in the areas associated with planning and controlling action, the same "as if" they were doing the activity. In those involved in a conversation about *hockey,* subjects who had no intention of playing the game actually boosted understanding for the athletes and also the fans about their sport. When the subjects discussed hockey ***the same area of the brain responded during speaking and writing about language***.

Talking about the activity "tapped" into brain networks not normally associated with language. Beilock found this sort of a conversation has "enduring effects on language understanding by changing the neural network that supports comprehension to incorporate areas active in performing sport skills." Integrating personal interests is brain-friendly.

- Understanding of scientific principles increases significantly when students' interests intersected with freedom to pursue real-life questions more deeply. Motivation to learn increased significantly with authentic questions (Scogen, 2016)
- Any time students are a part of creating curriculum, engagement increases and interaction in the curriculum improves significantly (Rueckert, 2016)
- Performance and engagement for ESL students increases significantly when creating video casts. When students generated curriculum, perceived meaning associated with rotating roles and responsibilities significantly increased motivation and achievement (Santos Green, et.al. 2013)

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Science: the importance of independent variables and controlling factors and designing experiments. Athletes and people who study best practice and what improves performance rely heavily on the scientific method. The history of sports is overflowing with examples of old v. new practice, improved methods and equipment and nutrition and more. There are many peer reviewed sport journals. This site links some research for you as well: click here for research

Math: concepts live in stats for Baseball, Football, Soccer, Basketball, and any others with widely available data to use for probability/ statistics/ mean/ mode/ percentages/ fractions/trig/calculus.

Literature: in sports; some truly gifted writers convey exciting events, use a wide variety of verbs and adjectives to engage readers. Auto-biographies of athletes provide life stories rife with obstacles and performing under pressure.

Social Studies and Humanities: Professional athletes have been moved to activism in efforts to bring social justice to this country, both present and historically! These people have a profound influence on attitudes, behavior and much more.

Social Justice:

Athletes with a platform using their influence! Colin Kaepernick click for resources
Mark Ford, Owner Dallas Mavericks (NBA) click for biography
Elizabeth Williams, WNBA click for stats click for podcast
LeBron James Article with his stories click here
Roger Goodell, Commissioner of NFL

Relationships: sportsmanship, camaraderie, teamwork, winning ugly, winning with grace or no grace, support, lifelong friendships following rules and referees and officials and controversies and more examples for important lessons. ESPN is an excellent source for interaction, "bantering", interactive conversation (discourse) offers examples of appropriate and

inappropriate social skills, entertaining and funny too. Examples are limitless: Howard Cosell and Mohammed Ali banter and lifelong friends click

ESPN as resource/ stats on websites/ media sources

1. Read sections of a biography and autobiography and ask questions related to your objectives.
2. Collect data for comparison using NFL/Basketball/Baseball/Soccer/Tennis/Championships
3. Pick hot topic for debate/Q&A/writing/readings.
4. Relationship building between students, student to teacher: favorite or least favorite.
5. Math concepts through PE click here for article
6. Excerpt for math teachers of math in sports (to give you ideas) click here for article

If any of these links are no longer accessible, please reach out immediately so we may provide additional/supplementary resources as well as keep our resources up to date!