

New London-Spicer Community Schools

Moving Minds with a Kinetic Classroom



This year, a **kinetic classroom** (FitDesks) is “moving minds” in Mrs. Blomker’s grade 6 classroom. Like many public-school classrooms, new desks were a need. Administration with a desire to continually improve our students’ educational experience sought to fulfill the need while creating an opportunity. Standard desks and chairs at the time of purchase were \$182.52 and FitDesks were \$335.00. Middle School Principal, Dr. Perry, has been seeking alternative funding to cover the difference in cost.

Moving Minds- This is more than just trying something new; Blomker has researched mental, emotional, and

physical health benefits that kinetic classrooms have on youth. *“Research strongly correlates physical activity with increased mental performance. It’s found that both long and short-term memories are increased when engaged in kinetic activity...creativity is improved as well. Students were better*

able to focus, showed increased achievement, and improved ability to regulate emotions.” Blomker will study working memory, information manipulation, and testing within her classroom.



Ask Our Students- When asked how they felt about the desks, students had great feedback, *“I love the desks! I haven’t had any late assignments, that’s new for me!”* Another shared, *“Yes, thank goodness for gym and the bikes, I don’t feel like I need to get up so much.”* Students had great insight into improvements as well, *“I want a basket attached for my stuff and the desktop shouldn’t have an emblem ‘cause sometimes my pencil pokes through the paper.”* Overall, students stated the best approach would be a variety of seating, *“I have tried the standing desks,*

exercise balls, regular desks, and pedal bikes. I think students need a variety. Somedays, I don’t want to be active. Somedays, I’m crawling out of my skin!”



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