

Cumberland Elementary 21st CCLC Students Get In Shape with GeoMotion

The Cumberland Elementary 21st CCLC program recently purchased GeoMotion. GeoMotion is an innovative fitness and learning program that provides fun, safe and easy methods and products to encourage learning, physical activity and fitness. GeoFitness, Dance and Learnercise products are movement-based products and curriculum that are developmentally appropriate, easy to use, and help to increase fitness and academic achievement. The program comes with 4 different style fitness mats. Large mats with numbers 1-9 and directional symbols (N, S, E, W) for older students.

Phone mats that reinforce numbers 0-9, directional symbols (N, S, E, W) and the alphabet. Nutrition mats that encourages moving while learning of types of foods, food groups, serving size. Clock mat reinforces numbers 0-12, colors, shapes and time. The mats can also be used for many math games, relay races, dance choreography, and much much more. Students in the Cumberland Elementary 21st CCLC afterschool program recently began utilizing this program in their daily afterschool activities. Activities can be done by following a DVD, CD with Music, task cards, or teacher/instructor lead. Their favorite part so far has been learning various dances using the mats.



