



# Bal-A-Vis-X : Rhythmic Balance/Auditory/Vision eXercises for Brain and Brain-Body Integration

By Bill Hubert

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## Bal-A-Vis-X : Rhythmic Balance/Auditory/Vision eXercises for Brain and Brain-Body Integration By Bill Hubert

Bal-A-Vis-X is a series of Balance/Auditory/Vision eXercises of varied complexity, most of which are deeply rooted in rhythm. These exercises require full-body coordination and focused attention.

The Bal-A-Vis-X program utilizes racquetballs, sand-filled beanbags, balance boards, and multiple principles from Educational Kinesiology. It demands cooperation, promotes self-challenge, fosters peer teaching. It is school-friendly and just plain fun.

Part One, **THE STORY**, is a narrative, experiential account of this program's evolutionary development over 20 years in public school classrooms. The reader is a silent witness to one teacher's trial-and-error journey, in grades 1 through 8, FROM an uninformed, intuitive grasp of some link between physical and mental (in)abilities TO assimilation of the most recent brain research and theory, especially as applied to physical movement's crucial connection to cognitive function. Along the way the reader will encounter, with him, the many people and ideas which lead to understanding, then point the way to Bal-A-Vis-X.

This is also a story of hundreds of students, in particular the Lab Kids of Hadley Middle School in Wichita, KS where the Bal-A-Vis-X program was born in 1997. Both anecdotal and "hard" test data accompany their collective/individual stories.

Part Two is a series of accounts by educators and parents who have personal experience in the use of Bal-A-Vis-X.

Part Three consists of step-by-step instructions for the more than 200 Bal-A-Vis-X exercises.

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## **Bal-A-Vis-X : Rhythmic Balance/Auditory/Vision eXercises for Brain and Brain-Body Integration** By Bill Hubert **Bibliography**

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### **Editorial Review**

From the Author

Do you teach?

Do you find that, no matter how much time and energy you expend, how many different approaches you employ, regardless of subject or grade level or class size, an all-too-familiar pattern prevails: many learn much, with modest effort

many learn some, with great effort

far too many learn little, no matter the effort?

Bal-A-Vis-X enables both students and teachers to break that pattern, to work together in such a way that many more learn much, with modest effort

very many more learn more, with new found focus of effort

only a few, those who refuse, learn little.

Bal-A-Vis-X is both a Destination and a Portal-To-Beyond for any student or teacher willing to go. You are invited.

About the Author

Bill Hubert is a 30-year teacher. His experience includes

Instructor, English Department, Western Michigan University

Dorm Parent, Upward Bound, Lake Superior State College

Teacher, grades 1-8, Wichita Public Schools

Tutor, grades k-high school, in reading/writing/ADHD focus

Instructor, private studio, in martial arts/self-defense

Bill and his wife Barbara continue to teach in Wichita.

### **Users Review**

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**Dorinda Kling:**

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