

Terrie Gooch's program "Reading Riding and 'Rithmetic" in Columbus, MS

1/19/15

"Below are excerpts from a grant we received to purchase trainers for our bicycles."

...Physical activity has been linked to improved physical and mental efficiency. Better blood circulation due to physical exercise improves blood flow to the brain. Physical activity helps the body to fight depression and to get rid of negative thoughts. People engaged in physical activities have been found to have good memory skills, increased focus, concentration, analytical skills and memory improvement. A sense of well-being and accomplishment in one area breeds the belief that success in other areas is also possible.

...We try to keep our students actively engaged in learning about the world that surrounds them, outside the neighborhood, by having them ride bicycles on trainer stands that secure the bikes in stationary positions. We utilize a large video screen, a projector and fifty-two DVDs professionally recorded by a bike cam from places like Washington D.C., the Blue Ridge Parkway, the Grand Canyon, Puerto Rico, European countries and the Hawaiian Islands (see bike-o-vision.com). The exposure to other parts of the world stimulates our students to dream and set goals for ourselves.

...Initially our students only know that they are having fun riding the bikes. After a virtual tour, they soon discover learning in other academic areas is fun too! For example, **Social Studies** includes: the use of maps and globes to find locations, conversations about the diversity of people and customs that affect the local communities, conclusions drawn about agriculture, products and beliefs in other cultures. **Economics** comes to life as the students begin to study the connection between our state other (e.g. the Natchez Trace, MS River, the Gulf of Mexico and the Tenn-Tom Waterway) for commerce. **Language Arts** is enhanced when the students are asked to express and communicate to school children from the destination site through written correspondence to those that live in that community. The study of **Mathematics** includes estimation of mileage and travel time to the various locations. Students interpret and analyze data and perform certain measurements.

In summary, our "Reading, RIDING, and 'Rithmetic" program compliments subject areas in the following ways:

Health/Physical Education: wellness, healthy choices, goal-setting, tracking progress, and advocates personal, family and community health practices.

Social Studies: the study of Geography (maps), cultures, economics

Mathematics: measurements, estimations, relationships among numbers (greater and less than; four basic mathematical operations)

Language Arts: Standard English to communicate (letters of correspondence, descriptive expression)