

Movement and Brain connections...

Did you realise that **movement is the gateway to all learning** in the first five years because sensory, motor and social development precede language and logic skills. So when your child attends **tiny toes ballet classes** everything they are doing is helping them learn all these things....



CEREBELLUM

Brain Area Movement Activity

**Spinning, Balancing, Rolling
Listening, Swinging,
Somersaults**

Cognitive Outcome

**Fine motor coordination
Reading skills
Writing skills**

REPTILIAN BRAIN

Brain Area Movement Activity

**Grasping, Crawling
Walking, Reaching, Turning
Pulling, Pushing, Touching**

Cognitive Outcome

**Hand-eye coordination
Gross motor skills
Prewriting ability**

CORTEX

Brain Area Movement Activity

**Dancing to music
Working with patterns of movement
Following patterns & sequences
Obstacle courses**

Cognitive Outcome

**Maths, Logical thinking
Problem solving
Fluent reading, spelling
Musical ability**

LIMBIC SYSTEM

Brain Area Movement Activity

**Stroking, Cuddling, Massage
Different kinds of tactile touch
Playing together**

Cognitive Outcome

**Social skills
Cooperation
Confidence & security**