



North Shore Christian School

Exercise Ball History & Expectations

A few years ago, NSCS engaged in some research regarding the benefits, if any, when sitting on an exercise ball. Using our then fifth grade students, we gathered some base-line data, with an attempt to answer three specific questions. First, why are students so tired after lunch? Second, why are some students so fidgety, and finally, how can we increase concentration and student performance?

We were overjoyed with the results! During our four months of research, we discovered that the benefits of children sitting on exercise balls were so positive, that we have now instituted policy so that children in grades 3 through 6, with parent permission, may opt to sit on a ball.

Our research confirmed that students who sit on balls are more engaged, more alert, have better posture, less aches and pains, and in general terms, are less fidgety.

Safety, while sitting on exercise balls, is always encouraged and so the following rules have been set in place:

- Baby bouncers are only allowed! Your body should not come off the ball.
- Yoga balls are used only for sitting, not for playing!
 - It's not a soccer ball, so don't kick it.
 - It's not a baseball, so don't throw it.
 - It's not a basketball, so don't bounce it.
- Keep your belly, knees, back, and feet off your yoga ball!
- Be careful with sharp objects near your yoga ball!
- Be safe while eating by absolutely not bouncing during snack time or while food is in your mouth!

Sitting on a yoga ball is a privilege. Should a student continually have trouble following these rules, that privilege may be taken away.