



RALSTON COLLEGE

STUDYING IN THE GYMNASIUM

HOW DOES TRAINING THE BODY AFFECT THE MIND?

In the Greek world education involved not only the mind but also the body; the gymnasium was a place where young men were trained both physically and intellectually. In this lesson, students will learn about the gymnasium as a pedagogical model and about the science behind exercise's effect on cognition. Then they'll consider the connection between the body and the mind more broadly and discuss how that connection might be applied to their own learning.



- 40 minutes
- Recommended for ages 10+

LESSON PLAN

- Settle in and self-introductions (5 minutes)
- Opening: do jumping jacks and math at once; reflect on how it felt to use body and mind together (10 minutes)
- Scientific explanation of connection between exercise and cognition (10 minutes)
- Explain etymology of gymnasium and pedagogy of ancient Greeks (10 minutes)
- Closing with a call to action: next time you're having a hard time focusing, take a break and get some exercise in (5 minutes)