

Proposal by Margaret A. Lucas

Title: Improving Academic Success and Behavior in Students with ADD/ADHD using Controlled Movement in the Classroom

Abstract: This action research project will study the effectiveness of controlled movement of three, seventh grade students in the classroom using various styles of performance equipment, such as stability balls, balance disc, and flexible bands, diagnosed with the neurodevelopmental disorder ADD/ADHD. The study will observe the impact controlled movement has on improving student's academic success and how it impacts classroom management and student behavior.

Description: Teachers in urban education face many challenges in the classroom. Studies show an increase in the diagnosis of students diagnosed with ADD/ADHD (Strine, 2014). Students that have been diagnosed with ADD/ADHD can present behavioral and academic challenges for teachers in the classroom. Research suggests that teachers need to rely on a cornucopia of instructional strategies to engage student's attention and diverse learning styles. Traditional methods of instructional strategies and teaching methods can fail to encourage and motivate ADD/ADHD students to stay alert to achieve their academic potential (French, 1995). Transforming the space of the traditional sitting classroom into a productive, Movement-based classroom is an innovative concept to bring together the learning process and academic success for students.

The focus of the research study is aimed at investigating the academic and behavioral impact controlled movement using stability balls, instead of regular classroom chairs, would have in content areas, such as reading and writing, for students with ADD/ADHD. The research will also study how controlled movement could be utilized to facilitate positive behavior and the impact it has on classroom management.

The methodology that will be used to collect data will include participants actively using a stability balls in place of a regular classroom chair. The researcher will observe and journal changes in the student's behavior and academic achievements. The researcher will use active listening of the participants, both verbal and non-verbal, to maintain rapport between the researcher and the participants. The collection of qualitative data will also include the Universal screening to assess reading and comprehension, interviews with the students, and the Likert scale.

The relevance of the research offers a hands-on opportunity to focus on an idea that promotes student success and excellence in urban education through conceptualization to actual change. Participants will have an opportunity to engage in the use of a stability ball while exploring and

discussing how transforming the traditional classroom to a movement based classroom can facilitate change in urban education.

Related Words: ADD, ADHD, behavior, movement, stability ball