



BASIC's Long Term Legacy

BASIC methodology that has students rotating from an academic station to a sport-skill station every fifty minutes induces keen cognition and increases focus in the user-friendly reading related to sports, sports-related math and the new sports introduced as fun learning experiences. **Fifty five 2018 BASIC South students averaged six months gain in reading and five months gain in math over the twenty-day program.**

"A meta-analysis of over 40 studies shows there is a strong association between higher levels of physical activity and improved cognition in children and adolescents, and another review finds an important effect of physical activity on concentration, memory and classroom behavior in school. . .Research specifically links participation in rigorous physical activities to better academic performance." p. 401 "A Longitudinal Examination of the Links Between Youth Physical Fitness and Academic Achievement" Journal of School Health July 2011 vol. 81 no. 7

In BASIC summer 2018, the two ABF-run BASIC programs enjoyed the services of six ex-BASIC participants who attended each of the twenty days for 6.5 hours per day. Moreover, two volunteers repeated for their third year each day, working in academics with the young children.

Joined by another ex-BASIC student who came on a part-time basis, these volunteers amassed 1040 hours of service to BASIC children. This phenomenon is a contributing factor to the success of the BASIC program. New students and returning students feel comfortable with their peers who return to assist them as one-on-one tutors.

"The findings from this study indicate the presence of a new type of achievement gap, one based on physical fitness. The reasons for this achievement gap are still unclear, but there are important ramifications. Particularly because SES acts as an achievement buffer, low SES students who are unfit may be at even higher risk of academic failure than previously understood. Two aspects of the gap are especially troubling. First it begins as early as fourth grade, a year prior to fitness testing in California. Second initial disparities between those who are persistently fit and those who are persistently unfit do not substantially abate over time." JOH p. 406

2014 - 2018 BASIC repeat students: Five-years 1; Four years 11; Three years 24; Two years 67

