Movement in the Classroom

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Abstract

This article explains why it is important to implement movement in today’s classrooms. The obesity rate is on a rise and children need more activity to motivate them to be more attentive in class, and also to live a healthier lifestyle. Adding such activities in the classroom will not only push students to be more awake and healthy, but students will also want to come to school. There are several sources that teachers are using all around the world that students are calling fun and entertaining.

Movement in the Classroom

As a student teacher, I have already made the decision to implement movement activities in my future classroom. I believe that it makes learning more fun when you use hands-on learning and interactive movement to help teach a lesson. Students have a blast getting up out of their chairs that they have to sit in for so long during the school day. According to article writer Nina Fiore, some research that has been found, shows that children are being forced to sit still in school for 8 hours a day, 5 days a week, year after year, for fear of punishment, suspension, expulsion, and psychological diagnoses if they actually do need to move. Nora questions “How on earth do we expect children to have healthy, active lifestyles when they become adults if they have the fear of not being able to move in class (Fiore, 2014)? Movement has been shown by educational, cognitive, psychological, medical, and behavioral research to be one of the best ways to get all children - typical and special needs alike - to gain control over their behavior and to engage with and retain what is being taught to them (Fiore, 2014). All it takes is a little bit of movement and you can solve behavioral issue, boost non-motivated student’s attitudes about learning, and academics in your classroom.

Individual teachers and schools can make a big difference in their students’ lives by incorporating movement into the lessons, classrooms, and/or school day (Fiore, 2014). A variety of resources exist for implementing classroom-based physical activity. One site that I found, a teacher talks about how/ when you should implement movement in the classroom. Some suggestions that were one, start the day off with movement by doing something as simple as jumping jacks or stretches. Two, incorporate movement during or between a lesson such as stretches, hands-on lessons, or the use of technology. Gonoodle.com is a great resource for teachers looking for movement in the classroom. I myself have used this online site to implement movement in an early childhood setting, but the site is for elementary students as well. One last way to implement movement in the classroom that will make learning fun is perhaps a little competition. Three, teaching lessons as active games also enhances attention and memory (Willson, 2014).

I plan to take all of these suggestions that I have learned and put them into consideration when I am teaching in the future. I definitely will continue using Gonoodle.com as a brain break factor for my class. It has fun movement activities that I know my students will enjoy getting up out of their seats and doing. I will also be sure to incorporate as many hands-on activities as I can for each of my lessons. I feel hands-on learning is a great way to expand kids knowledge and it is also fun. Fun is the word I am looking for when I am teaching. As a teacher I want to be not only a provider, but to be an interactor and a motivator for my students. I want them to have fun and to be engaged and if movement is what it takes, so be it!

References

Fiore, N. (2014, August 8). The benefits of movement in schools. Retrieved March 6, 2015, from The Creativity Post website: http://www.creativitypost.com/

Willson, D. (2014, March 12). Move your body, grow your brain. Retrieved March 6, 2015, from Edutopia website: http://www.edutopia.org/