

# LEARNING THROUGH MOVEMENT

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# WHAT IS LEARNING THROUGH MOVEMENT?

Learning through movement is the act of learning while doing kinesthetic activities that help to increase brain activity and comprehension. This type of learning can be implemented through small activities or large activities.



## WHAT ARE SOME SMALL WAYS FOR STUDENTS TO LEARN THROUGH MOVEMENT

- Using hand motions to remember an action or phrase
- Taking a brain break with stretching to music behind their desks
- Assigning different movements to represent a variety of concepts

## WHAT ARE SOME LARGE WAYS FOR STUDENTS TO LEARN THROUGH MOVEMENT

- Relay races that involve concepts that have been discussed in class
- Working on gross motor skills while answering questions about a variety of topics
  - Running, jumping, skipping...
- Working as a team to complete tasks around the room while discussing academic content that has been taught in class
- Acting out a new concept that is being taught in the classroom

# WHAT ARE THE BENEFITS OF LEARNING THROUGH MOVEMENT?

- Learning through movement helps students academically
  - Student who learn through movement have been proven to have increased academic scores and understanding
    - Grades are higher, and comprehension is increased
- Learning through movement helps students socially
  - Students who learn through movement show an increase in social skills due to the increase in teamwork and group activity
    - Students begin to better understand how to communicate with their peers and work together
- Learning through movement helps students physically
  - Students who learn through movement experience an increase in brain activity and are encouraged to live more active lives because they begin to view physical activity as “fun”

## DO OTHER PEOPLE BELIEVE THAT THIS IS A VALUABLE WAY TO TEACH?

Many other teachers and scholars believe that this is incredibly helpful to students. For example, Jean Piaget has written a theory describing learning through movement and play that has been accepted by teachers and administrators all around the world.

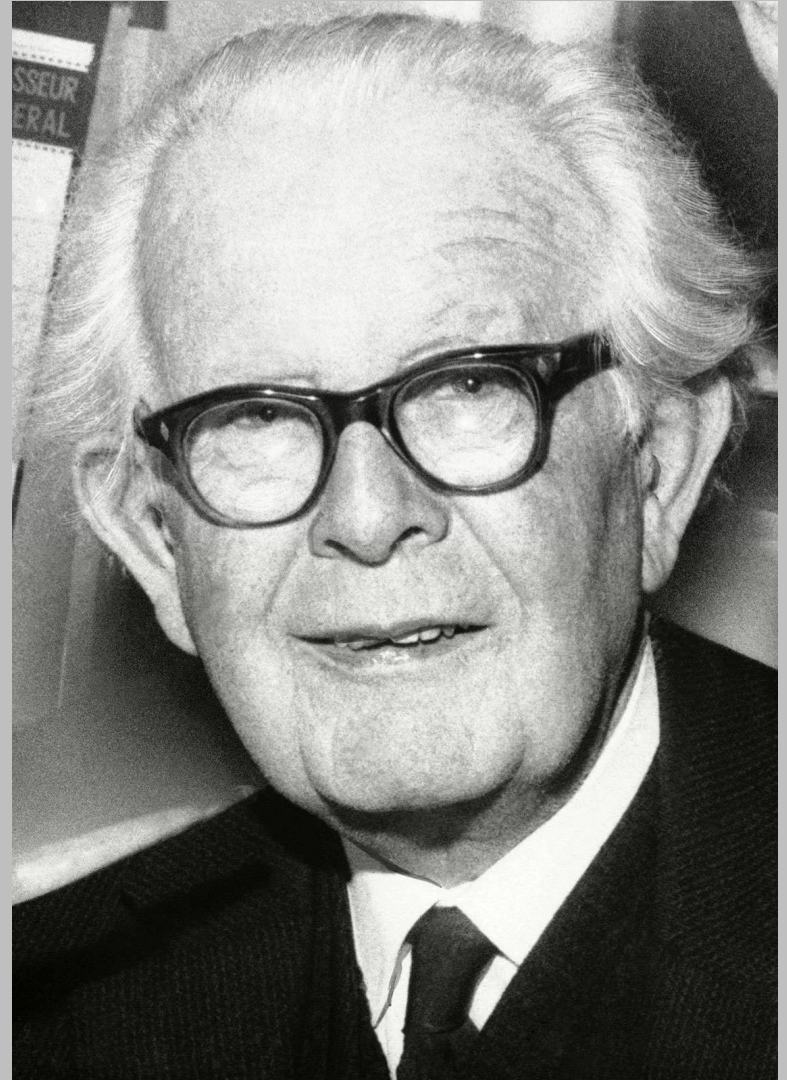
## WHO IS JEAN PIAGET?

Born: August 9, 1896 in Switzerland

Died: September 16, 1980 in  
Switzerland

Occupation: Psychologist

Theory: Theory of Cognitive  
Development



## WHAT DOES PIAGET HAVE TO SAY ABOUT LEARNING THROUGH MOVEMENT?

- Pentagon Play states that...
  - “Piaget viewed play as integral to the development of intelligence in children. His theory of play argues that as the child matures, their environment and play should encourage further cognitive and language development.”



## HOW CAN I SEE THIS CONCEPT AT WORK IN MY OWN CHILD'S CLASSROOM?

Within our classroom we will consistently take active brain breaks, incorporate movement into our activities, and make movement a fun part of the learning process

## HOW CAN I USE THIS CONCEPT AT HOME?

- At home you can encourage your child to be active everyday
- You can make an active lifestyle appealing by creating activities to do together
- Make activity an seem like an incentive instead of a chore



## WHERE CAN I FIND MORE INFORMATION ABOUT LEARNING THROUGH MOVEMENT?

- The following websites contain more information about learning through movement:
  - [Teach Hub](#)
  - [Big Life Journal](#)
  - [Star Autism Support](#)
  - [The Atlantic](#)
  - [Neuro Net Learning](#)

## REFERENCES

- [Teach Hub](#)
- [Big Life Journal](#)
- [Star Autism Support](#)
- [The Atlantic](#)
- [Neuro Net Learning](#)
- [Pentagon Play](#)
- [Very Well Mind](#)
- [Britannica](#)