

EXPLORING THE “RHYTHM” OF PHYSICAL EDUCATION

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Music has been shown to positively influence physical activity, and regular physical activity has numerous benefits for mental and physical health. Music is used and is present in every aspect of society and everyday life. It is plausible that music would positively influence the rates of physical activity among junior high school students enrolled in physical education classes, given that numerous studies indicate that music is a stimulant for exercise.

The incorporation of music into physical education instruction contributes significantly to the enhancement of teaching quality. Music has been widely utilized as a major component in the teaching of physical education in universities, middle primary schools, and sports schools, and its role in promoting physical education is becoming increasingly apparent as teaching reform continues to advance. Improved fitness, strengthening bones and muscles, reducing anxiety and depression, and lowering the risk of heart disease, cancer, high blood pressure, and type 2 diabetes are all benefits of physical activity. It can also help physical education teachers in universities, middle schools, and sports schools learn more generally about teaching, and the fact that music can be used and developed in physical education teaching is also beneficial.

Students' mental and physical health can be improved by instilling healthy habits of physical activity in them. Including songs that will keep them moving is one way to achieve this. Music in physical education classes can inspire your students and make the activities more enjoyable. Reinforcing content and better meeting the needs of students whose intelligences include the linguistic and logical-mathematical structures that predominate in traditional instruction are among the benefits of these connections. That

same effect can be achieved by using music in physical education classes, but it doesn't have to involve dancing. Background music is an option. Students can be prepared to begin moving simply by listening to music while stretching. In a similar vein, playing music while students participate in sports can motivate them to move more. In physical activity settings, these findings concur that a learner's learning experience demonstrates responsible personal and social behavior that respects self and others. They also say that physical activities are good because they value health, having fun, being challenged, being able to express oneself, and social interaction. When using music for specific exercises, commercials can be distracting. During the commercials, you might try having students choose their own exercise.

Even though many free music streaming plans include advertisements, you can still use music in physical education classes. Student achievement, classroom atmosphere, and motivation were all positively impacted by the use of music in mathematics instruction. The fundamentals of both music and dance are rhythm. Throwing a ball, swinging a racket, and other body movements typically follow a rhythm. The child's rhythmic movement should begin early and continue throughout their education. Activities for which teachers properly prepare should be included in a portion of the developmental level program. They discover that these activities are favored by children and become more familiar with rhythm.

There have been several studies that looked into the effect that educational music has on students' academic success and found that students' academic success increased. Students should learn healthy habits in PE class that will affect them in the future. Music is a great place to start, but there are other ways to support students' well-being. That same effect can be achieved by using music in physical education classes, but it doesn't have to involve dancing. Background music is an option. Students can be prepared to begin moving simply by listening to music while stretching. Children should always be

focused on the goal of physical education because it aids in the healthy development of an individual and requires a lot of planning and preparation.

Finally, the findings of some research support the use of music listening in a variety of physical activities to enhance physical performance, promote more positive affective valence, reduce perceived exertion, and improve physiological efficiency.

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