

ENHANCING LEARNING THROUGH PHYSICALLY ACTIVE LESSONS

by:

Jhanie R. Lapid

Teacher III, Pita Elementary School

Adding physical activity to lessons can boost student engagement, lead to better learning results, and help overall well-being. Studies indicate that physical activity boosts brain function and increases blood flow to the brain, which helps improve focus, memory, and thinking skills (Castelli et al. 2015). When lessons include movement, students tend to stay more focused and engaged, as they can let out energy and feel less restless. To illustrate, using activities like classroom yoga, brain breaks, or hands-on learning can help students pay attention during lessons, which matters a lot for younger kids who can't focus for long.

Besides helping with thinking active lessons improve students' physical health by boosting heart health and muscle growth. Kids need regular physical activity to fight against sitting too much, which can cause obesity and other health problems (Donnelly et al. 2016). Teachers can mix physical activity into subjects like math and reading by adding walking or moving games that fit the lesson's goals. For example, students can join a math treasure hunt or take part in movement-based spelling activities, which allow them to learn in a lively way and also help them build healthier habits.

What's more, lessons that involve physical activity can boost how students interact and work together. Team activities, like group tasks or games where kids cooperate, teach them key social skills such as how to talk to each other, solve problems, and handle disagreements (Liu et al. 2015). These classes help create a sense of community and make friendships between classmates stronger, which leads to a better mood in the classroom. When students learn through movement and work together, they feel closer to each other

and like they belong, which is vital for their emotional health and how well they do in school.

To add physical activity to lessons, teachers don't need to change everything about how they teach just make small tweaks to what they already do. Simple things like having students stand up or move around when they answer questions, or doing stretches and exercises between activities, can help students feel more energetic and learn better (Jensen 2005). Teachers can also use apps that involve movement or bring in technology that gets students to participate . By making lessons more active, teachers can create a learning space that's good for both the mind and body, which leads to a more complete and effective way of learning.

References:

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