LEARN TO MOVE, MOVE TO LEARN

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As we train our mind in class discussions, we are able to learn more and apply the knowledge in our daily living. Per se, we become well-rounded individuals who are able to take part in more physical activities. Most physical activities require training of the body, but they must learn first the concept before doing the said activities so that movement will be precise and accurate. For instance, first timer runner would run as fast as he can in order for him to finish the race without considering the physical fitness components involved in the activity. In some cases, runner collapses at the end of the line because of forcing himself to finish the race. In these given scenarios, the runner athlete neglects to consider his speed and cardiovascular endurance.

One of the most important steps to improve and maintain good health is through engaging in different physical activities. They demand proficiency in movement and motor skills, as well as fitness attributes. Furthermore, being skillful and remaining physically active person requires enough knowledge about physical activities as to have good results. When it comes to students and exercises, schools need to step up and focus more on quality, as well as quantity. According to Dr. Gregory D. Myer, schools need to promote activities that develop motor skills, socialization and fun.

Meanwhile, safety is a paramount concern, and in consideration to this, learning the principles of training, physical fitness components, movement skills, first aid basics, warm-up and cool down routine, fitness planning, and different exercises may lead a person to move and this is what “Learning to Move” is.

Physical education program is an essential part of a child’s learning experience, and engaging in physical activities is one of the best experiences a person can ever have.
As he moves and discovers new things, learning comes next. “Move to learn” concept is greatly used by physical education teachers. It involves the cultivation of knowledge, understanding, and skills that help individuals build their personal motivation and commitment that is to include and value the role that physical activity plays in physical, social, emotional, and intellectual health and well-being.

As what Kelly Shaver specified, we need to inspire our students to Move to Learn because movement can enhance learning and gain focus. And this learning can be achieved through movement, play, being physical, and being active.

References:
