THE POWER OF KINESTHETIC LECTURE

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Learners learn best by seeing and appreciating the value and importance of information presented by teachers in the classroom. If they are not interested in the presented lesson, they might not learn from it. In order to achieve the teacher’s goal to make them learn with passion, it is important to use and think of combination of teaching methods and strategies to make the classroom environment as stimulating and interactive as possible. Since learners learn with their ways, teachers should make learning more stylish during the process. It is important for teachers to incorporate in their curriculum activities focusing on more challenging tasks so that all students are able to exert extraordinary efforts in order to achieve their goals using or manipulating all their senses to process the information in various effective and efficient ways.

For a reference, most Grade 7 students are still playful and they love to move and play. This is a perfect chance for the Grade 7 teachers to take this opportunity to make the students use their energy and activeness in engaging them in different classroom activities that requires movement. Classroom discussion is not a bad idea but they will surely like it more when it is done in a creative way. Lectures should not be removed from every activity, this must be integrated with movements so the students will not focus on just interpreting or understanding it by means of thinking all along but instead, their minds will work on it as they perform the task or activity which involves kinesthetic or movement. Learning is much easier when you learn by means of experience.
Health is one of the MAPEH learning areas that have not given enough attention by teachers. Students find difficulty in retaining their focus on the topic because it is not as challenging as the other remaining learning areas. Lack of reference and teaching materials could be a factor why teachers are having a hard time teaching this learning area and students feel this way as well but it could be a challenging learning area depending on the preparation of the content. Health is as interesting as music, arts and physical education. The only thing to do is to make activities that require movement instead of using the whole allotted time in the discussion. Health topics could be transformed into a more interactive and collaborative activities which surely catch the attention of the students and make them active in their participation. Same with music, arts and physical education class, teaching health is a challenging task. Any activities could be presented in a unique and interactive way. Integrating the other three learning areas will help the teacher present the content easier and more meaningful. Music could be a factor in increasing their focus as well as integrating arts and movement in the health lecture.

Teachers are talented and creative in different ways. They can use multimedia in making their lectures, they can write song, play musical instruments, sing and dance and even make a stage play or any possible way. All of these could be used in designing own instructional materials wherein kinesthetic activities could be imparted with it. If a teacher uses kinesthetic lectures in class, various skills could be discovered, improved, enhanced and developed as the students perform the given task and reach the objectives of the lesson. There so many practical skills that could be used in this teaching strategy. For example, the teacher can ask the students to simulate the lecture presented through song. By means of acting it out, they can now determine how it should be done. Other skills are interpreting, creating, imitating and mimicking, innovating, modifying and other higher order thinking skills that has to be developed among them.
Movement makes the brain function more efficiently and effectively. Different fluids are released because of movement and during this process, dopamine are released that gives excitement and satisfaction. If the students are excited about what they are doing, teachers can expect a hundred percent participation of the students with target goal. Students are naturally competitive, each task that will be given to them was considered as challenge and they don’t want to be placed last in the rank. This will make them careful and focused in making their target output as they think of the other group or individual who are also thinking the same as them. With this opportunity, the teacher can now take the chance to make the students showcase their strengths and talents as they think every activity or task as competition.

Not all of the students are kinesthetic, but all the learning styles could be packed in one, it could be through lecture-songs. One way of capturing the students’ attention is by means of presenting something new to them. With regards to this matter, I prefer making my own song using the lectures from different sources and put it together in a musical composition using catchy rhythm so the students can follow it easily. I believe in a thing called “Ear Worm”, it is a sound that keeps on playing on your mind over and over again. This will make them memorize the content without acknowledging it. Later, they will discover that they already knew it all without thinking of it.

Kinesthetic lessons are not meant to replace all the teaching methods and strategies, but to complement other forms of teaching. Through kinesthetic lessons, students could be introduced to a new topic through creative movement improvisation or by physically portraying the role given to them. They can also discover a concept by linking together all ideas from group mates or classmates. They will explore a principle by role playing
the way an idea must be executed and interpreted. Students will learn facts by enacting the lecture content in the song. They can also acquire vocabulary by creating physical definitions. Students can review processes by choreographing the details in the lecture song. This will surely make learning fun and can develop a culture of collaborative learning among students. There will be no student that will remain sitting for the whole period of class session. It is very important to engage them in activities that will challenge them to bring out the best they can in order to contribute in the group’s output.

References:

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