The Whole Child

Thinking, Feeling, Moving
Physical Development

- Motor Skill Development
  - Not automatic
  - Practice & instruction required
  - Increased performance level & movement vocabulary

- What happens when movement = competition & elimination?
Sedentary Lifestyles

• 2- to 5-year-olds watching TV 25½ hours/week
• 40% of 5- to 8-year-olds show at least 1 heart disease risk factor
• 1st signs of arteriosclerosis appearing at age 5
• Est. 300,000 deaths/year in US due to low levels of activity & fitness
“Our biological need for movement is ensured by the sensation of pleasure in movement.”

Eva Desca Garnet, *Movement Is Life*
“Movement education can help a child to adjust socially & emotionally because it can...permit interrelationships with other children in groups & with a partner. [It] requires a child to be aware of others in [activities] in which he shares space...he has to take turns & to cooperate. He thus develops social awareness & achieves satisfaction through peer relationships & group play.”

Marianne Frostig
Movement Education: Theory & Practice
Social/Emotional Development

• Successful Movement Experiences:
  - Promote self-confidence
  - Enhance self-concept
  - Contribute to poise & self-control
  - Help children learn about themselves & the world around them

• More Cooperation/Less Competition

• Social Issues Addressed
No Contest
The Case Against Competition
Why we lose in our race to win
Alfie Kohn
“It’s Their World, Too”
“As far as intellectual functioning is concerned, we have generally associated schooling with sitting motionless at a desk for long stretches of time. But mental functioning is connected with bodily expression & dependent upon it. If this necessary cycle is broken, a child’s senses will suffer & he will remain on a lower level of mental & sensory functioning.”

Dian Lynch-Fraser, *Danceplay*
Earliest learning is based on motor development
Body image matters
Movement feeds the brain!
Children need breaks!
There is a correlation between body & paper
“If you didn’t move, you wouldn’t need a brain.”
Cross-lateral movement is a must!
We retain:

• 10% of what we READ
• 20% of what we HEAR
• 30% of what we SEE
• 50% of what we HEAR & SEE
• 70% of what we HEAR, SEE, & SAY
• 90% of what we HEAR, SEE, SAY, & DO!
• Canadian study: Academic scores went *up* when 1/3 of school day devoted to PE

• Canadian study: Children participating in 5 hours of vigorous physical activity/week had stronger academic performances

• Hannaford: Children who spent an extra hour/day exercising did better on exams
“From earliest infancy & throughout our lives, physical movement plays an important role in the creation of nerve cell networks that are actually the essence of learning.”

“Movement activates the neural wiring throughout the body, making the whole body the instrument of learning.”

Carla Hannaford

Smart Moves
We have to take a stand!
www.bamradionetwork.com
• Worksheets: Bad? Good? Well, It Depends.
• Developmentally Appropriate Discipline
• Is Standardized Testing Producing a Creativity Crisis?
• Withdrawing Recess as Punishment: Does It Work?
• Naptime: Needed Break or Waste of Time?
• Digital Media: Great Teaching Tool or Big Liability in the Classroom?
- David Elkind
- Nancy Carlsson-Paige
- Jane Healy
- Stanley Greenspan
- Vivian Gussin-Paley
- Carla Hannaford
- Eric Jensen
- Lilian Katz
Thomas Armstrong, in “Recognizing the Intelligence of Movement”:

“Unfortunately, we’re cutting down in schools the ability of kids to move and learn at the same time. We’re cutting back on recess. We’re focusing more on seatwork, textbooks, and sit-down; and this is very difficult on the child who needs to move in order to learn.”
Christy Isbell, in “Teaching Children Who Just Won’t Sit Still”:

“Who’s to say we have to sit down to learn? Why can’t we stand to learn? Why can’t we lay on the floor on our tummies to learn? Why can’t we sit in the rocking chair to learn? There are lots of other simple movement strategies. Just changing the position can make a big difference.”
Inspiring a Love of Math in the Early Years

Our guest asserts that everyone can be great at math. In this segment, we discuss how educators and parents can help children develop a love and excitement for math.
Nobody!

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And we have blogs.

www.raepica.typepad.com

http://earlyed.newamerica.net/blogmain

http://earlystories.org/
We literally have resources at our fingertips!

- American Association for the Child’s Right to Play: [www.ipausa.org](http://www.ipausa.org)

- National Association for Sport & Physical Education: [www.naspeinfo.org](http://www.naspeinfo.org)

- Alliance for Childhood: [www.allianceforchildhood.org](http://www.allianceforchildhood.org)

“We have spent years & resources struggling to teach people to learn, and yet the standardized achievement test scores go down & illiteracy rises. Could it be that one of the key elements we’ve been missing is simply movement?”

Carla Hannaford
Smart Moves
“I look upon joy as the most powerful of all mental stimuli.”

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