

# Kinesthetic arts: movement in education

[Education](#)



**ASSIGN  
BUSTER**

The chapter is based on the hypothesis that kinesthetic arts provide a significant vehicle to enhance learning with huge upside potential and minimal risk contributing to the development and enhancement of neurobiological systems and proposes to include the subject in K-12 curriculum.

According to Jensen (2001), physical activity enhances the movement in the brain making possible to utilize 100% of the brain. It is further stated that movement affects the brain which is activated during physical activity. The movement enhances the reading with utmost alertness, emotions are monitored and emotional intelligence is regulated through appropriate expressions. The movement also enhances creativity by memorizing the past which can lead to self-confidence.

Children's given physical education training so that their main movement center of the brain remains activated enabling effective concentration during class hours. K-12 students are involved in creative topics enhancing their individual creativity. Physical activity is an important factor in building the students brain and physical fitness. Physical education is essential and should be made mandatory and part of the curriculum.

All the schools in-country should include various activities as part of the curriculum so that students don't get sleepy sitting in the classroom.

Physical activity like exercise, playing, creative development and all other activities apart from education which may build and develop brain's activeness should be included in the curriculum.

<https://assignbuster.com/kinesthetic-arts-movement-in-education/>