

# Music and movement (one full page reflection)

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Music and Movement Singing and dancing are the fundamental skills every human being is equipped with, but need practice to be polished. “ If you can talk, you can sing; if you can walk, you can dance” (Mitchell, 1992, p. 215).

To improve the music and movement experiences in the classroom, one class of music and dance must be included in the daily schedule. To start with, children should be taught how to balance. Teachers should first teach the children balancing their body weight on their toes and palms upon such simple pieces of equipment as carpet squares, rugs or lines on floor. The transition from static to dynamic balance should be gradual. Likewise, the transition from independent balancing to balancing with objects should be staged. Once a child has gained perfection in stationary balance, only then he/she should be made to practice balancing with rubber rings. Finally, practices with unstable equipments should commence. To make the session all the more interesting for the children, songs with good beat must be played. Songs that qualify include but are not limited to Everybody Dance, I’m a Little Tea Pot and Incy Wincy Spider. The child’s skill should be judged by testing his/her balancing on different levels, places and positions.

Music and movement is a wonderful session for the cognitive, social, emotional and physical development of children. This activity “ incorporates many basic math skills, including matching and comparing; patterning and sequencing; and counting and addition. When you add moving to the beat, you involve both body and mind” (Church, 2001). Such exercise helps the brain grow. Movement and learning are processes together in the same part of the brain. It increases the flow of blood and oxygenates the brain. This, in turn, enlightens the mood and makes an individual agile and active and enhances his/her social, emotional, <https://assignbuster.com/music-and-movement-one-full-page-reflection/>

physical and cognitive competencies.

References:

Church, E. B. (2001). The math and music in movement. *Scholastic Early Childhood*

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