



Specialists Speak

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Physical Education

Did you know...

- Childhood obesity is a national crisis
- 25% of children in the US are overweight, 11% are obese and 70% of these grow up to become obese adults
- In Georgia, 15% of children ages 6 to 11 are obese

These statistics are a result of a steady decline in physical activity and an increase in caloric/fat intake.

Obesity in childhood is known to have significant impact on physical and psy-

chological health including cardiovascular risks, hypertension, Type 2 Diabetes, high blood cholesterol, respiratory ailments, and orthopedic issues. Additionally, decreased self-esteem, withdrawal, anxiety, depression, and poor body image are direct results of obesity.

PREVENTION is the key strategy to changing this epidemic!



How PE can help your child...

- 1) Improves attendance
- 2) Improves behavior: physical activity leads to significant and systematic improvements in on-task behavior
- 3) Cognitive development: physical activity stimulates learning
- 4) Test scores improve: reading and math scores have been shown to improve for "poorly adapting" students when physical activity was increased during the school day
- 5) Overall, vigorous physical activity boosts academic performance!

The "No Child Left Behind" Act of 2002 states:

"The term '**core academic subjects**' means English, reading or language arts, mathematics, science, foreign languages, civics and government, economics, **arts**, history, and geography."

— No Child Left Behind Act 2002, Title IX, Part A, Sec.



Music Education

The study of music helps children become better students. Skills learned through the discipline of music transfer to study skills, communication skills, and cognitive skills useful in every part of the curriculum. Music enhances the process of learning. The systems they nourish, which include our integrated

sensory, attention, cognitive, emotional and motor capacities, are shown to be the driving forces behind all other learning. Perhaps the basic reason that every child must have an education in music is that music is a part of our society. The intrinsic value of music for each individual is widely recognized in the many

cultures that make up American life — indeed, every human culture uses music to carry forward its ideas and ideals. **Did you know...** students who can perform complex rhythms can also make faster and more precise corrections in many academic and physical situations, according to the Center for Timing, Coordination, and Motor Skills.

Students who were exposed to music-based lessons scored a full 100% higher on fractions tests than those who learned in the conventional manner. ~ Neurological Research, March 15, 1999

Art Education

10 LESSONS THE ARTS TEACH:

- 1. The arts teach children to make good judgments about qualitative relationships.** Unlike much of the curriculum in which correct answers and rules prevail, in the arts, it is judgment rather than rules that prevail.
- 2. The arts teach children that problems can have more than one solution** and that questions can have more than one answer.
- 3. The arts celebrate multiple perspectives.** One of their large lessons is that there are many ways to see and interpret the world.
- 4. The arts teach children that in complex forms of problem solving purposes are seldom fixed, but change with circumstance and op-**

portunity. Learning in the arts requires the ability and a willingness to surrender to the unanticipated possibilities of the work as it unfolds.

5. The arts make vivid the fact that neither words in their literal form nor numbers exhaust what we can know. The limits of our language do not define the limits of our cognition.

6. The arts teach students that small differences can have large effects. The arts traffic in subtleties.

7. The arts teach students to think through and within a material. All art forms employ some means through which images become real.

8. The arts help children learn to say what cannot be said.

When children are invited to disclose what a work of art helps them feel, they must reach into their poetic capacities to find the words that will do the job.

9. The arts enable us to have experience we can have from no other source and through such experience to discover the range and variety of what we are capable of feeling.

10. The arts' position in the school curriculum symbolizes to the young what adults believe is important.



While students in art classes learn techniques specific to art, such as how to draw, how to mix paint, or how to center a pot, they're also taught a remarkable array of mental habits not emphasized elsewhere in schools.
—Lois Hetland and Ellen Winner (Educational researchers at Harvard's Project Zero)

Teaching through the arts motivates children and increases their aptitude for learning.

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