

Why Use Kinesthetic Games?

Exercise burst activity rationale and how to

Exercise bursts are short breaks in class that incorporate physical activity into a lesson.

Rationale: Recess time is shrinking, childhood obesity is expanding, and adding physical learning can help students stay engaged, concentrate better, and do better on tests. Current research is finding strong ties between physical fitness and academic performance since movement causes the heart beat to faster, pumping oxygen to the brain and improving the ability to think.

At the end of the chapter on kinesthetic arts, Eric Jensen, a researcher, offers the following summary: “Here’s the bottom line on the kinesthetic arts: The research, the theory, and real-world classroom experience clearly support sustaining or increasing the role of movement in learning” (p. 102). He argues that schools should take advantage of the cognitive, emotional, social, collaborative, and neurological benefits of the kinesthetic arts. <http://www.apa.org/education/k12/brain-function.aspx?item=5>

Why use visuals?

According to recent (2012) research by Cisco Systems, adding visuals to text or auditory instruction results in increased higher level learning which in turn, translates into higher test scores. In some studies, children’s score improved by 32%! Levie and Lentz (1982) previously found that picture-based visuals improved learning and recall.

Combining sensory input (using the five senses) with new learning helps information to be stored in the long term memory. Thus playing a game that uses new learning, links to memories so that remembering the game brings the material learned to mind as well at a later date.