



## Teaching of physical education through rhythm

**Dr. W Vinu**

Assistant Professor, Department of Physical Education & Sports Sciences, Annamalai University, Tamil Nadu, India

**Abstract**

Music is used and can be found in everyday life and throughout society. With many studies pointing towards music being a motivating stimulus for exercise, it is plausible that music would positively affect the physical activity rates of junior high school students in physical education classes. Thus, the purpose of this study was to examine the effects of popular music on physical activity rates, via pedometric, and enjoyment levels of junior high physical education students.

**Keywords:** Rhythm, physical activity, physical education

**Introduction**

Rhythm is the basics of music and dance. All body movements tend to be rhythmic – throwing a ball, swinging a racket etc. Movement to maintain a rhythm should begin early in the child’s school career and continue throughout. A suitable portion of the developmental level programme should be developed to such activities which teacher prepare properly. They become more comfortable with rhythms and find that these activities are a favorite of children.

- Objectives of Physical Education
- Body management and physical skills
- Health related physical fitness
- Understanding human movement
- Social Development
- Self confidence
- Wholesome development

Children who participate in activities have 5% of intensity, 80% of low intensity and the rest in argument programme our plan should be cherished by the children and they should not feel the monotony of doing the exercise repeatedly.

**The activity chosen for children should be**

- Natural
- Familiar
- Well balanced
- Spontaneous

**There are basic outcome of physical education programme**

- To achieve optimum personal development
  - To achieve the concept dualism
  - Personalized physical fitness level
1. The basic objective of physical education for children is to develop following skills
  2. Body management skills, maintaining the balance, having control over the body in space, graceful movement of the body and resist the force of gravity.
  3. Fundamental skills or Functional skills, They are the locomotor skills like bending, twisting, pushing, turning.

4. Manipulation skills which is a developed skill, that is, to have a complete control over the object or specialized skills like gymnasium and swimming which involves special techniques.

Rhythm is a combination of tones a form of expression and it is a compliment to any activity. Music ease labor and it kindles the spirit of a composer, singer, a listener and also musician.

Music is very influencing and it is introduced as a therapy in medicine.

History confesses that ab opera in Brussels, made the audience to get more inspired. Who rushed out of the street’ began to revolt, which resulted in the se3peration of Belgium and Holland.

Rhythmic activit5ies should be scheduled in the same manner as the other phase of the programme and not regarded as chilliest a rainy day programme or recreational outlets. The rhythmic programme should be balanced and included activities from each of the categories of rhythmic movement.

**Types of Rhythmic Activity**

**Table 1**

Activity	Development Level		
	I	II	III
Fundamental Rhythms	**	**	*
Creative Rhythms	**		
Singing Movement Songs	**		
Folk Dance	**	**	**
Mixers		**	**
Aerobic Dance		**	**
Dance			**
Rope Jump to Music	*	**	**
Musical Games	*	*	*
Rhythmic Gymnastics			*

*Note: \*\*Means the activity is an integral part of the programme  
 \*means that activity is given only minor emphasis.*

**Skill Progression**

Another factor in programme construction is the progression

of basic and specific dance steps appear in each of the respective development level programmes.

### **Developmental level I**

Fundamental locomotor movements combination of two or more fundamental movements are presented, for example blenking step.

### **Developmental level II**

Fundamental locomotor movements, more combinations of locomotor skill, the step-hop and gradual right and left marching basic kinkling steps, and introductory square-dancing steps are thought as skill improvement.

### **Developmental level III**

The grapevine step, Schottische Polka, intermediate tinkling step, Dancing and an understanding of all steps introduced at earlier level.

### **Conclusion**

Children needs a lot of planning and preparation and always should be directed towards the objective of physical education because physical education helps in wholesome development of an individual.

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