Preface

This book details integrating movement activities into the content areas. The book is designed with research-based strategies for pre-service and certified teachers to assist with effective ways to integrate movement activities into lessons. The textbook includes an introductory chapter that focuses on research in movement integration, the benefits of physical activity in the classroom, and the importance of movement to the whole child; while the second chapter addresses barriers to movement in the classroom, offering insightful tips for navigating a more kinesthetic setting. The third chapter of the text offers a guide that explains how to use the lesson plan template seen throughout the text, with descriptions of the components of the plan and examples of classroom management techniques for using movement in the classroom. The eight remaining chapters provide research regarding movement in English language arts, mathematics, science, and social studies and include activities and lesson plans for the lower and upper elementary classrooms. The text makes few assumptions regarding prior knowledge in these fields, though previous classes in the four disciplines would benefit the reader of the textbook. Though the textbook specifically targets the elementary grade levels, secondary teachers and pre-service teachers would likely be able to modify the activities to fit secondary lessons.

Having interacted with in-service and pre-service teachers alike, the editors realize the interest in integrating movement into the classroom, but there is a need for quality resources to use as exemplars. This practical textbook will benefit both pre-service and current teachers. This text will provide pre-service teachers with a resource they can use during their coursework and is one that will continue to be a resource in their own classrooms. Current classroom teachers will also benefit from this text, which includes lessons and handouts that can be used immediately in their classrooms.

The textbook has several unique and outstanding features, including content from experts in the field, subsections to address each component of each core subject, and sample lesson plans appropriate for lower and upper elementary movement integration. First and foremost, content experts have written the literature reviews, created the sample activities, and crafted the lesson plans. These

content experts include faculty members with extensive k-12 classroom experience and pre-service teachers from the content areas. There are four content chapters in the text, and each chapter has a literature review, supporting the integration of movement for that specific content area; at least five sample activities, one per strand; one sample lesson plan for lower elementary, and one sample lesson plan for upper elementary.

In addition to the lesson plans and detailed activities, the text includes supplements to assist the reader with movement integration. Included in the activities are pictures of students participating in the lessons, tables to provide examples, and an appendix with printable handouts and assessment tools.

This book offers meaningful activities and lessons aimed at improving engagement and learning in the elementary classroom. This book will become instrumental for educators interested in integrating movement into the classroom for the purposes of engaging students and increased learning.

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Sincerely,
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