

The influence of exercise on the development of language, maths, social studies and basic skills

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Abstract

In this paper we analyzed the movement activities and the way they are involved in the development of learning perceptual and motor skills. The project itself was applied in Grade I and Grade II classes, during four years of teaching in the International School of Choueifat - Doha, Qatar, each class having around 30 students. In this environment we adapted some of the movement activities we worked out, to realize the cognitive learning in the areas of basic, language skills, mathematics and social studies. This interdisciplinarity was possible because of well structured programs, adapted to the environment, to the level of students and to the skills' learning stage of both physical and other subjects. In practice we used a wide range of exercises, well structured, in order to gain new skills in connection with scientific areas mentioned.

Keywords: active learning, movement activities, cognitive effects, interdisciplinarity, transfer.