

Importance of Art & Physical Education

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Abstract

The importance of art and physical education in early childhood education will be the focus of this paper. Art and physical education assist children in becoming more creative, as well as assisting them in other subjects. It will help them be better at resources in their jobs in the long run. When schools don't have enough money, they may decide to cut one or both of their funding sources. Alternatively, they may decide to go part-time after years of working full-time. These programs are important in early education, according to research, and even in higher education. As an advocate, I believe that talking to and educating parents will lead to the DOE setting up a larger fund to allow these programs to continue in schools. Volunteering and assisting in the establishment of an outside program to continue to support children at no cost. Coming from an elementary school where the art program had been eliminated and where the decision to eliminate physical education was being debated, it was devastating. I come from a low-income family, I lack the resources to begin creating, and I don't understand why it is so important for a child's development, which is why it is so important to me.

Keywords: development, early childhood education, educating, DOE, art, physical education

Importance of Art & Physical Education

Art and physical education are very important in early childhood education fields. I used to love going to art and physical education classes as a kid; those were two of my favorite subjects. I remember constantly checking the clock to see when the teacher would arrive or when I would go to the gym. I was very emotional when they were cut from the art program and were debating whether or not to cut P.E. When children participate in arts and crafts, they are using their fine motor skills, according to the article "5 Reasons Why Art is Important for Early Childhood Education." They are expressing themselves and being descriptive about their creations, language development is also used. Not only that, but they are becoming more culturally aware as they learn to embrace the differences and diversity they encounter.

According to Red Oak Elementary: Importance of PE they state “ physical education programs are needed to increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity for all students so that they can be physically active for a lifetime”. Students can improve their motor skills by participating in physical education classes. Assist them in improving their overall health, including muscular strength, flexibility, muscular endurance, body composition, and cardiovascular endurance. Not only that but being in gym classes allows them to boost their self-esteem and relieve stress. Physical education gives kids the chance to set and achieve personal, attainable goals.

Statement of the Problem

The specific problem I want to focus on for this advocacy project is the importance of Arts and Physical Education. There are many ways children, families, and even communities are being affected. Not having arts does not allow them to be creative and have those resources to

see if later on, they'll be interested to pressure a career in art. Not only that, but art is also involved in some cultures and they'll be able to learn more about different backgrounds. Children can't sit for long periods of time, especially 8 hours of nonstop learning. Physical education allows children to get up, run around. It also allows them to be open to trying different sports such as basketball, soccer, volleyball, etc. Some schools end up cutting out these programs due to the lack of financial needs. They don't have enough money to pay the teachers or sometimes not enough staff. This issue needs to be addressed now because the lack of arts and physical education isn't allowing children to be able to express themselves. If it's outside of school, most parents can't afford it.

Art is known for painting, sculpting, and even literature. Some kids might not like having their hands in paint/clay so you'll have to have options. As well as physical education, by having different types of games and sports to try out. Some kids might have trouble expressing themselves, therefore communicating with them by asking "what's wrong" "is there anything you might like to do". In order for me to get my point across, the audience I would target is the DEO, and the community. As a community, we will be able to have each other's backs and create activities for the children. The DEO because they would be able to fund and determine if the programs should stay. Be able to create more curriculums.

Research

Art and physical education appear to be important in early childhood education fields, according to research. Most of the time, these programs are canceled due to a lack of funding. Most parents believe that those programs are unimportant and that their children should instead

concentrate on math and reading. What they don't understand is that these programs help them express themselves. Allows them to interact with others and try new things. Students can express themselves through art, and students can relieve stress and socialize through physical activity. We should be advocating for these programs as teachers and assisting students in their development.

Article 1

In the article "Art and Physical education in school: Necessities or extras?", Scott Travis & Sin Sentinel talks about how most schools see art and physical education as a luxury. If they have enough money to pay out these programs in the school they will be offered but if it's not then they won't be. In many schools, such as Coconut Creek Elementary School they reduced the art and physical education from full-time to part-time. In Broward County, they are facing a \$130 million shortfall and are considering either cutting off the libraries, art, or P.E classes. "I'm sure a lot of parents say 'you need to teach my kid how to read and do the math, and the rest is a lesser priority," stated "Daria Hall, director of K-12 policy in Washington, D.C. Many teachers believe if children don't have those programs they won't be able to fully express themselves. A child is interested in going to school when they can develop their talents and that makes them want to learn even more.

This article was mostly to inform how most schools cut off those programs due to the lack of money. Most times they can cut off both programs but other times they can save either art or P.E. In the beginning, the other mentions "Others see the program as nice extras. If the money is there, they will be offered, but not if it means cutting elsewhere. I decided to use this article

because it explains why most schools make these decisions. How sometimes parents are informed and just think math and reading are only important in a child's development.

Article 2

Jana Sosnowski wrote in her blog "The Importance of Art, Music, and Physical Education in Elementary School" about how programs like art, music, and physical education have been cut in elementary schools over the last 20 years, with a focus on reading, writing, and mathematics. She mentions how those subjects all involve other subjects and helps with their health and well-being. She also mentioned how most schools across the country cut off this program. "Physical education programs are also on the decline," she said, "with only 4% of elementary schools offering daily PE classes for a generation of students who have the highest obesity rate since 1970." She talks about how art helps people develop critical thinking and creativity. Physical education aids in the development of social and emotional well-being.

This blog was made to inform the reader about these programs. How art and physical education help develop in different areas of their learning. This is why I decided to use this article. Motor skills such as holding pencils, crayons, and paintbrushes are developed through art. As they are required to use creativity in designing their own projects, it allows them to develop decision-making and visual learning skills. Physical education helps students build stronger relationships with their peers, reduce stress, and boost their self-esteem. She cited the National Association for Sport and Physical Education's statement that physical education can help students learn more in other subjects such as science, math, and social studies.

Article 3

“The Importance of Art Education in the Classroom” by UF Online Master of Art in Art Education states how art teachers must be prepared to advocate for the necessary resources to ensure that the value of creativity in the classroom is prioritized. They are required to explain the value of art education in a school's curriculum as well as present research to support your claims. Investigating the many benefits of adding more creativity into the school day and improving classroom strategies can help become powerful advocates. Art is important in the classroom because it provides students with a variety of benefits. Employers are interested in hiring professionals with skills that can be strengthened through participation in the arts, such as written communication, problem-solving, teamwork, and taking initiative, according to a 2019 survey by the National Association of Colleges and Employers. By teaching students to develop original ideas through creative projects and practices, art teachers can help them become more well-rounded and capable individuals.

This article was made to inform people, teachers, anyone in general. It informed art teachers how they should be advocates for students' art classes. How teachers can assist students by allowing them to develop their unique ideas through creative projects. Students who take an art class benefit from the organization and development of their ideas. They are capable of analyzing and interpreting artistic work in preparation for presentations. Students can recall information like scientific principles and vocabulary. That is why I chose to use this particular article. It provided useful information to assist us in thinking like educators. No matter what age a child is, it is important to incorporate art and continue to expand their development.

Small Advocacy Action

A small action I can do is offer free Zumba classes that can be held outside of school. Find a large place or studio so many children can come to join. I'll inform parents that they won't have to pay out of pocket and if they do the smallest thing they can do is volunteer on water and snacks. Or another thing I can do is create a small gym, with basketballs on both ends and different materials needed for all types of sports. The same goes for art. Find supplies such as paint, boards, glue, yarn, and the list goes from there. Outside of the classroom I can have a small free session three times a week and help students get creative. This would be considered a self-advocacy because I'm funding these programs out of school. I'm volunteering my time to help the students go beyond their limits.

Large Advocacy Action

A large action I would do is gather up other teachers and host a meeting to inform parents about the importance of art and physical education. We can inform them on why these subjects are getting off and why it's looked at as a luxury and not a necessity for the children. We first would go to the principal and explain the difference between luxury and not a necessity for the children. We would have powerpoints and handmade art made by the children. Explain to them that it helps with social skills for both subjects. Physical education helps with stress relief, strengthened peer relationships. In art, it helps support motor skills, language skills, social skills, decision-making, risk-taking. To allow the children to speak and have them explain why they think it should be reminded in the school. If budgeting is a problem one of the teachers can volunteer as an art teacher or gym teacher.

It doesn't just stop with the principal, it would also be taken up upon the DOE. The Department of Education has control of the budgeting. They could create a large fund that could

go towards the school. Besides that, we can bring the students as well and have them explain why it's important. They can also provide teachers to be able to teach both art and physical education. Including having some volunteers to help out in those subjects. This would impact not myself but everyone else around us. Everyone would come together and fight for the children's education. Everyone has a role and together it can result in a good result

Commentary

I decided to address this issue because when I attended early elementary school they had cut off the art program and they were deciding whether to cut off physical education. I remember I had this really fun art teacher and she would go to my classroom at least twice a week. On Fridays, she would just let the children be creative, and I would use my imagination and go crazy. She would go around the classroom and complement everyone's work and she would make everyone feel safe. I would love it when she would bring paint, yarn, glue. I felt like that was the only moment I would truly express myself and use all my favorite colors. Once the teacher had given us the news that she was leaving and art class wouldn't be a thing for that school anymore, I was devastated. I didn't have the resources at home to get that creative. The same goes for physical education. Many students enjoyed playing volleyball, soccer, basketball, etc. That's where most students become passionate about those sports. The reason I decided to pick this topic was that oftentimes, art and physical education get cut off from schools due to low budgeting, or sometimes the principles don't see their importance. Oftentimes they don't really think about how these subjects influence the children's education. This topic impacts me as an early childhood educator because I'll make sure to have arts and some form of physical education involved in my lessons.

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