

# ***Physical Education : reflection on Paneurythmy***

***Erik Van Cauteren, HUBrussel Sportcampus Parnas***

**Presentation for the Erasmus Intensive programme "Sport for Tourist Animation at a Seaside Resort" (2012, 2013) based on the experience from the Erasmus IP "Introducing Paneurhythmy" (2009, 2010) - Bulgaria**

# ***Physical Education***

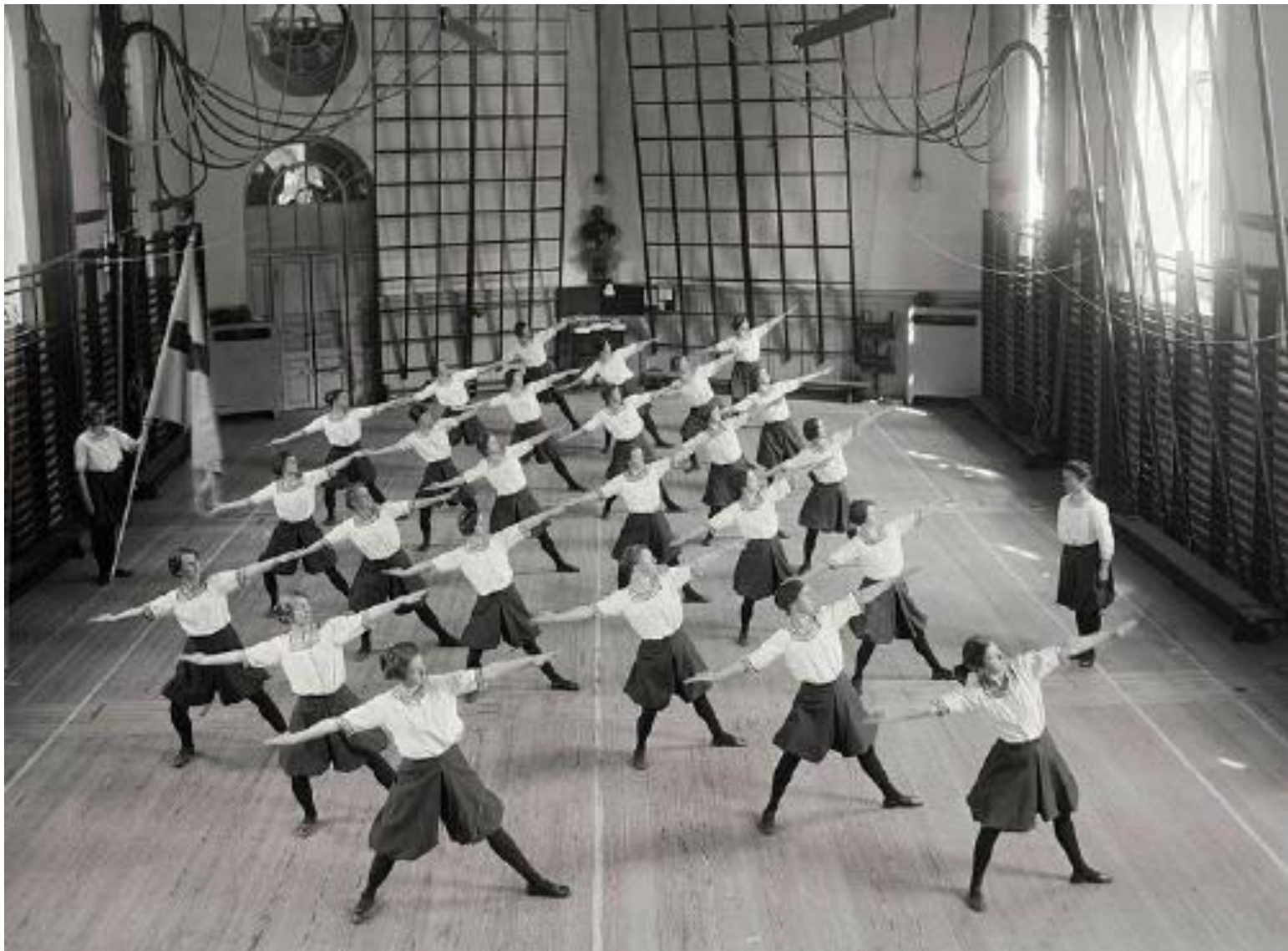
- **Muscle Power**
- **Agility**
- **Endurance**
- **Speed**
- **Coordination**
- **Balance**

# ***Physical Education***

- **Psychomotor development**
  - **Body perception**
  - **Time perception**
  - **Space perception**

# ***Historical Situation***

- Yoga : fysical & mental health
- ...
- *19th / 20th century => movement to improve health conditions of the people during industrialization :*
  - Swedish health gymnastics
  - German Heilgymnastik
  - ...
  - Paneurythmy ...







## **Body perception:**

- Your posture, the performance, execution and completion of the movements are very important.
- There are many diverse movements and there is also a lot of work with dissociations.
- Balance is also improved through the exercises.



## **Area or Space Perception :**

You should always be very aware of the space and the direction in which you move and the position and movements of the other participants.

All movements and (the sometimes complex) patterns always take place relative to a given center and in relation to the other participants



## **Respiration :**

To be aware of your respiration is important and sometimes you have to breathe to the rhythm of the movement

## Time Perception :

The movements are done to music with changing rhythms.

It is therefore important to listen and feel the rhythm.

*Sometimes you can be lucky that the music is played "live". We have enjoyed a wonderful violinist, who also treated us to some private concerts.*



## **Physical condition :**

The full range of movements of the three parts takes about 1,5 hours.

And although the performance is calm, it still requires some stamina and strength, especially in the shoulders and back because we are not used anymore to such exercises.



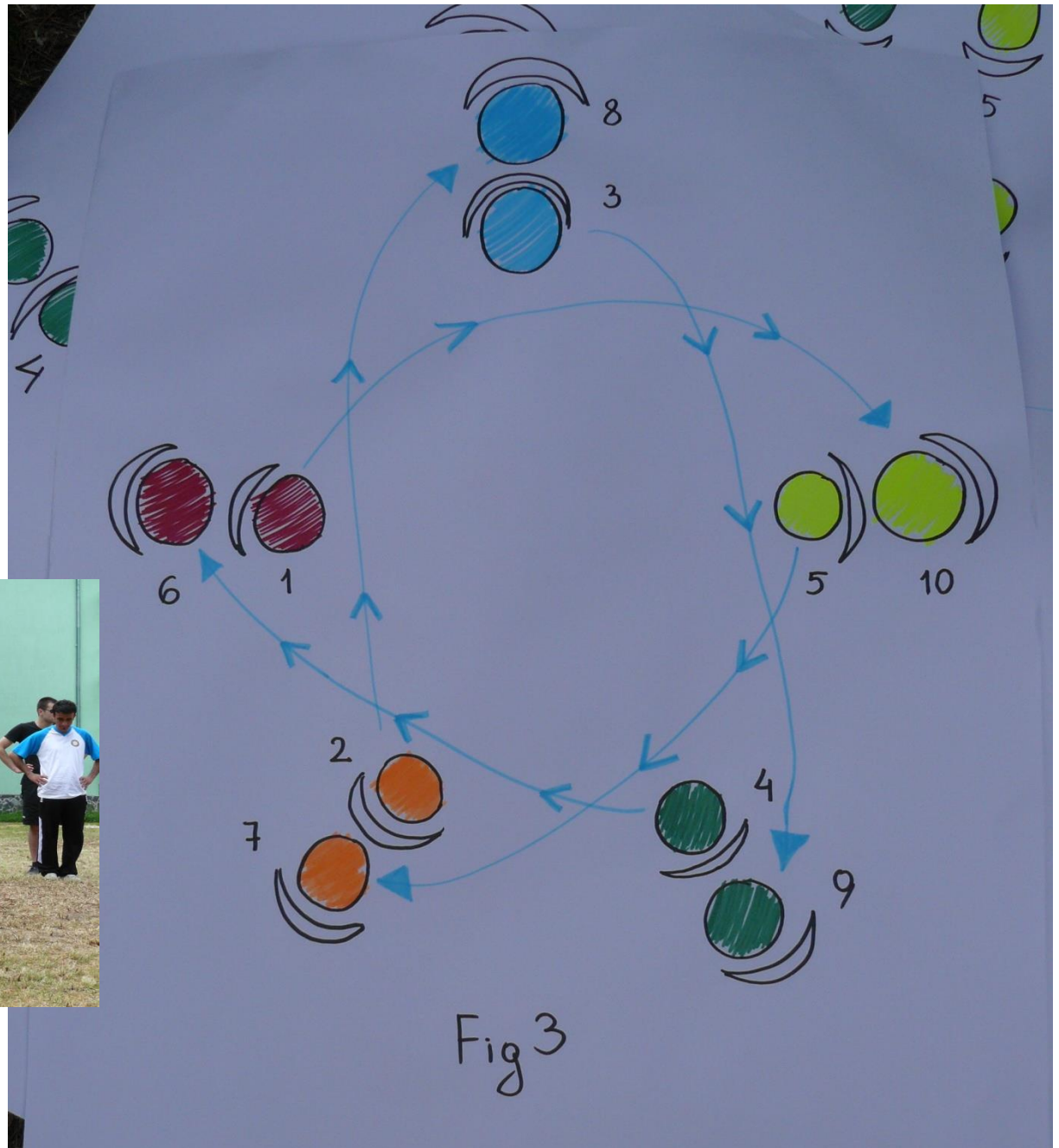
## **Concentration and attention:**

Both to the rhythm and to their own movements and the movements and directions of the partners.



## **Memory:**

You have to remember the sequence of the different movements, patterns and rhythms.



## **Socially :**

To practice together and perform with various partners, to refine and coordinate the movements,  
to work towards an end result with the group promotes social skills.



## **Moral Values:**

Since all the movements are associated with certain values or concepts, which are also explained by the teacher, this also has an educational effect.



## Didactical and methodological:

You can start with an analytical approach (teach and correct each movement until it is right) or you can teach the movements with a global approach (with the rapid learning of some movements) which are later repeated and refined.

**\*\*** As a P.E.-teacher Dancho is a wonderful example in terms of didactics, posture and body control.



***Conclusion  
on  
Panneurythmy  
for  
Physical education***

**We, as physical education teachers,  
could consider the implementation of  
Paneurythmy in our lessons,**

- especially in primary education,**
- as an integrated project**
- where we can achieve physical, musical,  
and rhythmical goals**
- and work towards a final performance  
for an audience.**

**As teachers for sport and recreation, and as administrators for town sport programs, we could consider the implementation of Paneurythmy in our societies, ...**

- especially in medior and senior programs,**
- as an integrated project,**
- where we can achieve health, physical, and social goals.**