

RHYTHM AND EXPRESSION

When we communicate, we use words and other things as tone, gestures, postures, rithm... and the combination of all permits us a whole expression.

We work body expression in physical education because it is a manifestation of the body in movement.

In addition to that, having the control of all the communication ways permits us to express feelings, emotions, ideas, the things that we imagine in a better way and it will fill our lives.

Some words that we need to know for understanding this unit:

Rhythm: The proportion of time between sounds, movements and repetitive things.



Body expression: the ability to show feelings, ideas, emotions... using gestures and postures.

Gesture: the movement of the face, the hands or other parts of the body to express feelings, emotions, ideas...



Posture: How a person stays, the position of his body.

Dramatization: the combination of both body expression and theatre techniques



Mime: a dramatization using only the visual channel to express.

Dance: an artistic manifestation combining body expression and rhythm with music.

