

Body Expression to Improve Instrumental and Vocal Learning in Primary Education

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Abstract

Music must be learned and taught, like any art, from its global perception, in this sense, the body is a good tool for musical and vocal learning. Research in Dalcroze pedagogy, in recent years, shows that, although its activities remain basically those proposed in its beginnings, it is still a methodology that continues to provide improvements in teachers and students. A search was carried out for articles in repositories and databases such as SCOPUS and Web of Science, limiting the year of publication to 2021-22, although some were also collected from other sources and through Google Scholar. A brief review of the latest Royal Decrees on Education was also carried out. The information was completed through a brief survey with open and closed questions. The results indicate that research on body expression and rhythm is still necessary. The conclusions indicate that work on body expression in musical education and training improves musical practice and other skills. Furthermore, experts consider that the subject or subject of body expression for musicians should be taught by specialists. Finally, and after the conclusions, a pedagogical proposal is suggested.

Keywords: Musical expression; body expression; musical education; musical formation.