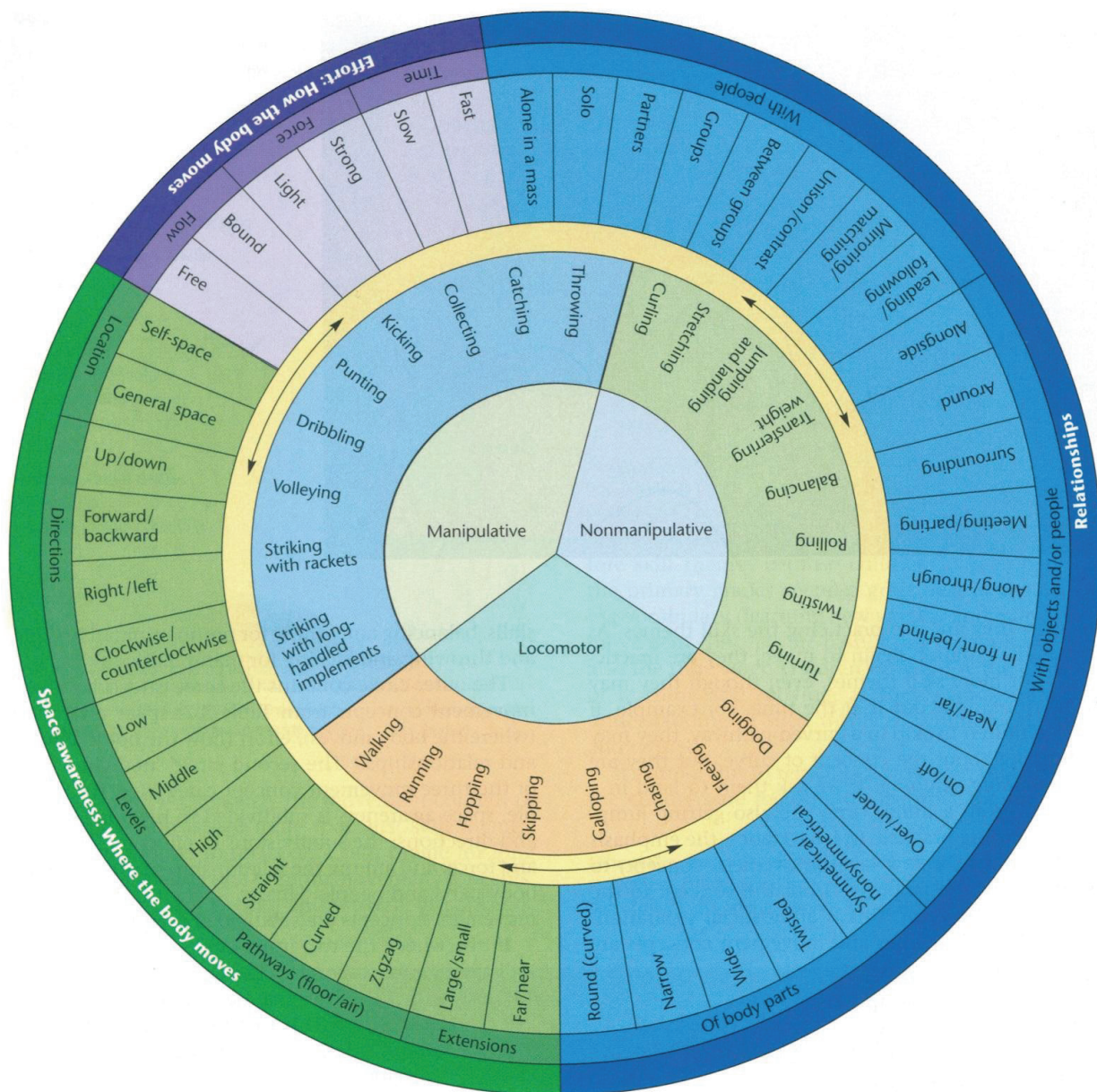


Movement Analysis Framework - The Wheel



Graham, G., Holt/Hale, S.A., & Parker, M. (2013). Children moving: A reflective approach to teaching physical education. New York, NY: McGraw-Hill Companies, Inc. Reproduced with permission of The McGraw-Hill Companies.

Appendix F continued

Motor Skills and Movement Concepts

Fundamental Motor Skills (Skill Themes)

Locomotor	Nonlocomotor	Manipulative
Walking	Turning	Throwing/Tossing
Running	Twisting	Catching
Hopping	Rolling	Collecting
Skipping	Balancing	Kicking
Galloping	Transferring Weight	Punting
Chasing	Jumping and Landing	Dribbling
Fleeing	Stretching	Volleying
Dodging	Curling	Striking with rackets
Sliding	Swinging	Striking with long-handled implements
Climbing	Swaying	
Crawling	Muscle strength/support	
Creeping	Pushing	
	Pulling	

Movement Concepts

Body Awareness	Space Awareness	Effort awareness	Relationship Awareness
Body Parts	Locations	Time	of body parts
Body shapes	Self-space	Fast	Round (curved)
Body comfort	General space/shared space	Medium	Narrow
	Directions	Slow	Wide
	Up/down	Force (degrees of)	Twisted
	Forward/backward	Strong	Symmetrical/
	Right/left	Medium	nonsymmetrical
	Sideways	Light	With objects and/or people
	Clockwise/counterclockwise	Force (creating)	Over/under
	Levels	Starting	On/off
	Low	Sustained	Near/far
	Middle	Explosive	In front/behind
	High	Gradual	Along/through
	Pathways	Force (absorbing)	Meeting/parting
	Straight	Stopping	Surrounding
	Curved	Receiving	Around
	Zigzag	Stabilizing	Alongside
	Extensions	Flow	With people
	Large/small	Bound	Leading/following
	Far/near	Free	Mirroring/matching
		Dimension	Unison/contrast
		Single movements	Between groups
		Combinations	Groups
		Transitions	Partners
			Solo

Note: Combining the motor skills and movement concepts above can provide rich movement experiences for young children. Think of them as *movement sentences* with the motor skills being your *verbs* and the movement concepts being your *adverbs*. Many child-directed and adult-lead activities will involve many of these important motor skills and movement concepts.

Adapted from the Movement Analysis Framework (wheel) on the previous page and I Am learning curriculum (<http://choosykids.com/CK2-resources/eventhost/Day%202/Body%20Language/The%201%20am%20Moving%20Curriculum.pdf>)