

# THE PHYSICAL ELEMENTS OF MOVEMENT

## (a.k.a. The ABCs of Movement)

= Best to use first with preschool children

### A. Body

- 1. Parts, muscle groups, bones, joints, organs, etc.
- 2. Manipulations or moves (bend, twist, swing, stretch, etc.)
- 3. Locomotion \*

### \* Examples of Locomotor Skills

Walk	Gallop	Scoot	Tight-rope Walk
Run	Prance	Drag	Crawl
Jump	Leap	Slide	Tip Toe
Hop	Skip	March	Choo Choo
Roll	Slither	Creep	Heel/Toe

### B. Space

- 1. Level (high, middle or medium, low)
- 2. Direction (forward, backwards, sideways, up, down)
- 3. Size (big, medium, small)
- 4. Shape (body design in space)
- 5. Place (in place or through the space)
- 6. Pathway (curved, straight, zig-zag, circling)

### C. Force

- 1. Weight (heavy, medium, light)
- 2. Strength (tight, medium, loose)
- 3. Attack (sharp, medium, smooth)
- 4. Flow (free, medium, bound)

### D. Time

- 1. Tempo (fast, medium, slow)
- 2. Duration (long, medium, short)
- 3. Accent (force)
- 4. Beat (underlying pulse)
- 5. Pattern (combinations of beat and accent)