

MOVEMENT EDUCATION CONTENT CHART

Locomotor/Non- Locomotor	Body	Relationships	Space & Time	Force/Flow
Transfer of weight Walk Run Jump Hop Gallop Slide Leap Roll	Body Identification Body Parts Muscular system Skeletal system Cardiorespiratory System	Body Part to Body Part Near /far to each other *flexion *extension *rotated with fixed point (twisted)	Divisions of Space Personal General	Degrees of Force Strong Medium Light
Non-Locomotor Bend Sway Rock Bounce Twist	Body Surfaces Front Back Side	Body Parts to objects On/off Over Around Through Beside In front Behind Near Far On top Under	Dimensions in Space <i>Directional</i> Forward Backward Lateral Up Down <i>Positional</i> In front Behind Beside <i>Levels</i> High Medium Low	Qualities of Force Sudden: explosive Sustained: Smooth
Balance Dynamic Static	Body Shapes Straight Curved Narrow Wide Twisted	Person to Person Near/far Beside Facing Meeting Intersecting Crossing Dodge Flee Shadowing Mirroring Leading Following	<i>Planes</i> Pathways Curved Straight Zigzag <i>Time & Rhythm</i> Beat Phrases Rhythmic patterns <i>Speed</i> Slow/fast Medium Accelerate deceleration	Creating Force: Burst Power Held
Complex Movement Patterns				Absorbing Force Gradual absorption: give Sudden impact
Manipulative Toss Catch Throw Roll Strike Kick				Dimensions of Flow Free Bound Preparation/recovery Syncopated
Complex manipulative/locomotor Skill acquisition				

**Adapted from Physical Education Methods for Elementary Teachers