





Mixing Things Up: Building a Movement Foundation Through Repetition & Variety

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# **Session Objectives**



- 1. Revisit and refine your understanding of the fundamental movement skills.
- 2. Learn the 'how-to' of repetition and variety
- 3. Experience a series of age-appropriate movement-based activities which foster repetition and variety of the fundamental movement skills



✓ Can you name the fundamental movement skill categories?

✓ Can you identify examples of each type of skill?





#### Locomotor Movements ✓Walk √Run



- ✓Gallop
- ✓ Slide









# Non-Locomotor Movements



✓ Bend ✓ Stretch



✓ Swing



- ✓Curl
- ✓Turn
- ✓ Twisting
- ✓ Balance

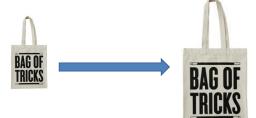






#### Repetition

- Children learn by DOING
- Children learn by **EXPLORING** their options
- Children learn by SOLVING PROBLEMS







### Strong, Rich Movement Foundation



Ability to do each fundamental movement skill in a variety of different ways

#### TODAY'S PLAN



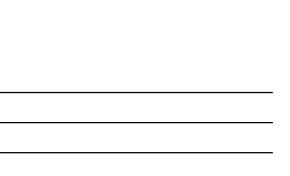
# PLAY - TALK - SHARE

# Activity - Palooza!

- See it Say it Spell it Do it
- Recycle Locomotion
- Locomotion Scavenger Hunt
- Movement Maps
- Let your \_\_\_\_\_ Take you for a \_
- I can do this Can you?
- Hold it Mold it Shape it Make it
- Statues
- Newspaper Throwing Fun
- Clean up the Farmer's Field
- Recycling Colors
- Head, shoulders, knees, and toes
- The Great Exchange







#### Head Start Body Start

www.headstartbodystart.org Email: headstartbodystart@aahperd.org Phone: 1-800-213-7193 ext. 454

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