

Locomotor Movements



- ✓Walk
- ✓Run
- ✓Jump
- ✓Leap
- ✓Gallop
- ✓Slide
- ✓Hop
- ✓Skip



Non-Locomotor Movements



- ✓Bend
- ✓Stretch
- ✓Reach
- ✓Swing
- ✓Sway
- ✓Curl
- ✓Turn
- ✓Twisting
- ✓Balance



Object Control- Manipulative Movements



- ✓Catch
- ✓Throw
- ✓Kick
- ✓Volley
- ✓Strike
- ✓Roll
- ✓Dribble



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





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Join the HSBS Online Community!

<http://hsbs-play.ning.com>


