



EFFORT

CONCEPT: HOW?

Movement Education Framework: CONCEPTS, CATEGORIES, ELEMENTS

THE MOVEMENT FIELD GUIDE

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RELATIONSHIPS

CONCEPT: CONNECTIONS WITH WHO? OR WHAT?*

1. People (organization of) R1-R13

Solo, Alone in a mass, Partners, Even group(s), Uneven group(s)
Individual to group, Group to group
Triangle, Circle, Square, Scattered, Spokes of a wheel, "X"

2. Position (spatial relationship) R14-R27

Above/below (still), Over/under (moving), Inverted, Mount/dismount, In front of/behind, Beside, Alongside, Through, Surround, Around, Support/supported (still), Lift/lifted (moving), Meet/part, Near to/far from

3. Timing R28-R37

Simultaneous: Mirror, Match, Contrast, Unison
Alternate: Taking turns
Successive: Movement sequence, Canon, Question/answer, Act/react, Lead/follow

4. Goal (of the activity) R38-R40

Cooperative (help), Collaborative (outwit), Competitive (win)

5. Environment (nature of the) R41-R42

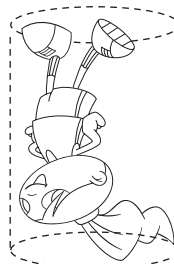
Static, Dynamic

* The Who or What can be...
Body parts, Individuals, Groups
Rules, Objects, Boundaries, Equipment
Writing, Music, Pictures, Lighting, Nature (Arts)

1. Time (rate)
Fast (sudden)
Slow (sustained)
Acceleration (change)
2. Force (tension)
Hard (strong)
Soft (light)
3. Flow (fluidity)
Bound (stoppable)
Free (ongoing)
4. Focus (effort in space)
Direct (pointed or in a line)
Indirect (expanded or flexible)

E1-E3
E4-E5
E6-E7
E8-E9

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SPACE

CONCEPT: WHERE?

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BODY

CONCEPT: WHAT?

1. Body Parts B1

Head, Neck, Ears, Eyes, Nose, Mouth, Shoulders, Elbows, Wrists, Hands, Fingers, Belly, Chest, Spine, Back, Bottom, Hips, Knees, Ankles, Feet, Toes

2. Body Shapes B2-B7

Narrow, Wide, Round, Twisted, Symmetrical, Asymmetrical

3. Actions of Body Parts B8-B12

Weight bearing, Receiving force or weight, Apply force, Lead the action, Weight transfer

4. Actions of the Whole Body

Nonlocomotor B13-B27
Stretch, Curl, Twist, Turn, Spin, Swing, Push, Pull, Rise, Sink, Gesture, Dodge, Balance, Counterbalance, Counter-tension

Locomotor B28-B41

Step-like actions: Walk, Cartwheel, Crawl (climb), Bear walk, Crab walk

Spring-like actions: Run, Leap, Hop, Skip, Jump, Gallop, Slide

Roll-like actions: Rock, Roll (body)

Manipulative B42-B50

Send away: Throw, Roll (ball), Strike, Kick, Volley

Gain control: Catch, Trap

Propel: Dribble, Carry

1. Location
Self-space, General space
2. Direction
Forward, Backward
Sideward (right, left)
Up, Down
Clockwise, Counterclockwise
3. Level
Low, Medium, High
4. Pathway
Straight, Curved, Zigzag
5. Plane
Sagittal (divides into sides; wheel)
Frontal (divides front/back; door)
Transverse (divides top/bottom; table)
6. Extension
Small (near), Large (far)

S1-S2
S3-S9
S10-S12
S13-S15
S16-S18
S19-S20