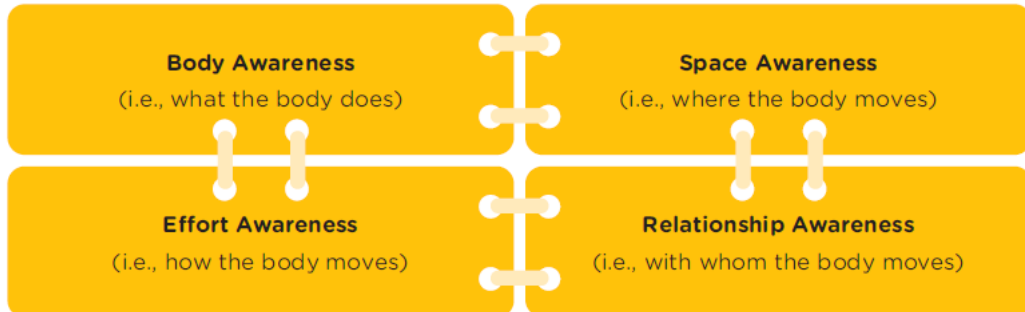


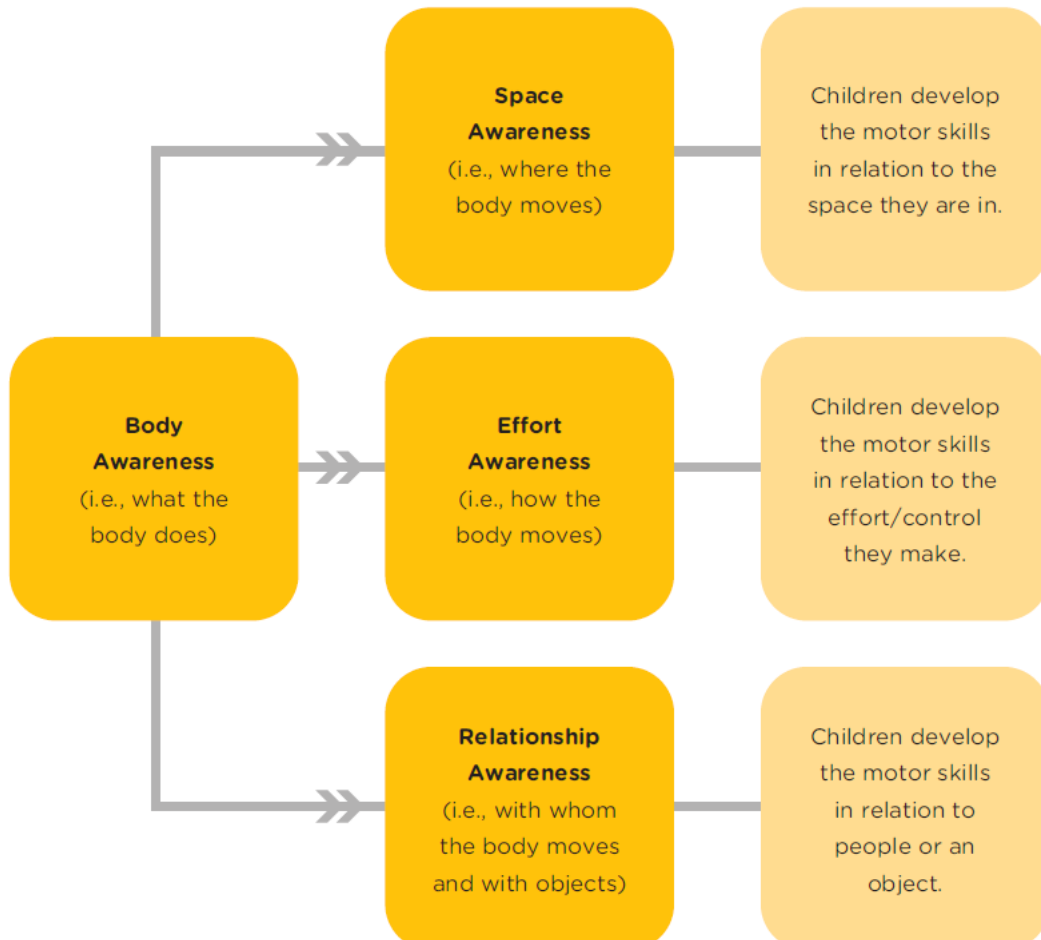


The Movement Framework and Movement Concepts

Teachers can refer to the Movement Framework by Rudolf Laban on the four broad aspects of movement concepts.



When designing a gross motor activity, teachers should focus on a gross motor skill to develop children's body awareness and reinforce their learning by incorporating at least one of the other three movement concepts (i.e., space, effort or relationship awareness).





The tables below provide some examples of activities in which gross motor skills may be introduced using the movement concepts.

Body Awareness	Space Awareness	Effort Awareness	Relationship Awareness
Locomotor skill Walking	Pathway Activity: Have children explore walking on different types of lines created on the floor (e.g., straight, curved and zigzag lines)	Use of time Activity: Have children walk quickly and slowly towards a chair	Moving in relation to people/objects Activity: Have children walk in pairs or small groups in a row, one behind the other and holding the shoulders of their friend in front of them Activity: Have children walk in and out of a row of cones or around a hula hoop
Non-locomotor skill Rising and sinking	Use of personal space Activity: Have children explore making large and small body shapes by performing rising and sinking movements within their personal space	Use of time Activity: Have children perform rising and sinking movements in a slow and sustained manner in response to steady counting from 1 to 8 and 8 to 1	Moving in relation to people/objects Activity: Have children perform rising and sinking movements together as a group at the same time
Manipulative skill Tossing/throwing and catching	Level Activity: Have children explore tossing/throwing and catching a beanbag/rubber ball with both hands at medium level (e.g., eye level) and high level (e.g., above the head)	Use of force Activity: Have children explore tossing/throwing and catching a balloon lightly	Moving in relation to people/objects Activity: Have children work with a partner to toss/throw and catch a beanbag/rubber ball Activity: Have children toss/throw a beanbag/rubber ball into a basket