

Movement Chart

A MOVEMENT CHART IS A VALUABLE TOOL TO HELP THE TEACHER PLAN DEVELOPMENTALLY APPROPRIATE MOVEMENT EXPERIENCES FOR CHILDREN

SPATIAL AWARENESS

Directions		Space	Pathways	Levels	Distances	Dimensions
Forward	Clockwise/	General	Straight	High	Near	Huge
Backward	Counter-clockwise	Personal	Curved	Medium	Far	Large
Left / Right	Diagonal	Shared	Zigzag	Low	Away	Medium
Up / Down	Weave				Toward	Small
						Tiny

BODY AWARENESS

Body Parts		Body Shapes	Body Positions	Body Surfaces
Head	Waist	Thighs	Small	Front
Eyes	Hips	Legs	Large	Back
Chin	Bottom / Rear	Knees	Wide	Side
Neck	Torso / Trunk	Shins	Narrow	Top
Back	Shoulders	Ankles	Tall	Bottom
Chest	Elbows	Feet	Short	
Rib Cage	Hands	Heels	Straight	
Tummy	Wrists	Toes	Round	
Stomach	Fingers		Twisted	

BODY MOVEMENT QUALITY - EFFORT

Flow	Time	Force	Dynamics
Even / Uneven	Fast / Slow	Firm / Fine	Slash/ Press
Free / Bound	Steady / Irregular	Strong / Weak	Thrust / Punch
Controlled / Changeable	Accelerating / Decelerating	Heavy / Light	Glide / Float
Smooth / Rough	Sudden / Sustained	Sharp / Forceful / Explosive	Wring / Flick
Flowing / Irregular			Tap / Dab

Movement Chart

BODY AWARENESS (WHAT THE BODY CAN DO)

Non-locomotor	Locomotor	Manipulative	What Body Can Do
Balance Shake / Bop Point Touch / Stomp / Tap / Clap Rock / Sway / Flop Twist / Turn / Rotate / Circle Round / Curve / Curl Relax / Stretch / Elongate Push / Pull / Lift Bend (Flex) / Arch Collapse / Straighten (Extend) Tighten (Tense) Lunge / Squat Support (on 1, 2, 3, 4, or more body parts)	<u>Alternating Feet</u> Walk, Run, March / Stomp Skip Slide / Gallop <u>Landing on 2 Feet</u> Jumping <u>Landing on 1 Foot</u> Hop Leap <u>Other</u> Chasing, Fleeing, Dodging Move on 3 or 4 parts Crawl Other: Fly, Tip Toe, Swim, Spin	Strike Shake Lift / Carry Kick Punt Dribble Volley Throw / Catch / Toss Push / Pull Roll / Bounce Pick Up Push / Pull Lift / Carry Drop / Release	Balance / Support Lead / Mirror / Follow / Echo Transfer Weight Apply or Receive Force Resist / Receive Collapse / Expand Climb / Hang Travel Rise / Fall Explore Be Airborne Stop / Go Turn / Pivot Move Dynamically Be Static (Still) / Freeze

RELATIONSHIPS

To Body Parts, Other People, Apparatus, & Equipment			
Top / Bottom Over / Under Into / Out of High / Low Meeting / Parting	On / Off Around / Over Inside / Between / Outside In front of / Behind	On top of / Beneath Toward / Away from Beside / Across Surrounding	Together / Apart Near / Far Above / Below Touching / Spread apart

PRETEND / CREATIVITY / DRAMA IDEAS

Ways to Move Animals	Ways to Move Things	People	Feelings
Like a: Bird, Fish, Horse, Cow, Pig, Cat, Dog, Snake, Giraffe, Mouse, Monkey	Like a: Car, Train, Truck, Helicopter, Boat, Airplane, Bus, Tractor	Police Officer, Fire Fighter, Doctor, Teacher	Happy, Sad, Curious, Mad, Love, Glad, Proud, Silly