



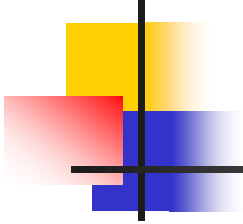
Chapter 3

Movement Components and Skill Development



Chapter Objectives

- Identify basic movement components
- Implement activities that assist with the development of locomotor, nonlocomotor, and manipulative movements
- Understand the developmental levels of the manipulative skills of throw, catch, kick, strike, volley, roll, dribble with hands, and dribble with feet
- Develop activities to be used in the classroom and gymnasium that assist with the development of basic movement patterns





Body Movements

- Ways the body moves:
 - Locomotor movements
 - Nonlocomotor movements
 - Manipulative movements



Locomotor Movements

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



Locomotor Skills Developmental Levels

- Beginner
- Intermediate
- Advanced



Example: Vertical Jump

	Beginner	Intermediate	Advanced
<i>Trunk Action</i>	Vertical to slight forward lean	Slight forward lean, greater extension	Full extension
<i>Arm Action</i>	Limited	Initiate jump	Initiate jump, lead body to full extension
<i>Leg Action</i>	Range of little flexion to extreme flexion	Increase in crouch and leg extension	Complete flexion during preparation, full extension throughout jump



Example: Jump Teaching Cues

Cue Words

1. Squat
2. Arms back
3. Reach for stars
4. Jump
5. Land soft

Description

1. Bend knees in preparation like sitting down
2. Swing arms backward
3. Extend arms forward and up above head
4. Hang in the air as long as possible
5. Bend knees upon landing to absorb force



Nonlocomotor Movements

- Bend
- Stretch
- Twist
- Turn
- Push
- Pull
- Rise
- Collapse
- Swing
- Sway
- Dodge
- Spin
- Shake
- Balance



Manipulative Skills

- Roll
- Throw
- Catch
- Kick
- Strike
- Volley
- Dribble with hands
- Dribble with feet
- Punt
- Set Shot
- Overhand Serve
- Pass



Manipulative Skills Performance Levels

- Beginner
- Intermediate
- Advanced



Example: Overhand Throw

	Beginner	Intermediate	Advanced
<i>Trunk Action</i>	No rotation	Limited shoulder rotation	Hip, shoulder rotation good
<i>Arm Action</i>	No wrist action, push ball	Some wrist action	Elbow leads throw
<i>Leg Action</i>	No leg action	Step with same foot	Step with opposition



Example: Dribble Using Feet

Teaching Cues

Cue Words

1. Easy taps
2. Catch with arch of foot
3. Cuddle the ball

Description

1. Contact ball softly
2. Use the inside of the foot to contact the ball
3. Keep the ball close to both feet



Equipment Considerations for Dribble Using Feet

- Beginning dribblers should use a light-weight ball that is 7–8" in diameter. They should be challenged to push the ball and try to keep the ball close to their feet. Equal use of both feet should be encouraged.



Assessment Rubrics

- May be used to assess correct skill technique
- May be used to analyze specific body parts



Body Awareness

What the body can do:

- Transfer body weight
- Balance or weight bearing
- Flight
- Shapes
- Focus



Space Awareness

Where the body moves:

- Personal space
- General space
- Directions
- Levels
- Pathways
- Size



Qualities of Movement

How the body moves:

- Time or speed of movement
- Effort or force of movement
- Free flow and bound flow



Relationships

How the body relates:

- Matching movements
- Contrasting movements
- Simultaneous and successive movements
- With equipment

Example: Contrasting Movements





Classroom Teachers Promoting Skill Development

- Visual tracking
- Fine motor skills



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