

# Movement Components and Skill Development



- 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



#### 5 Relationships: How the body relates

- ► With apparatus: near-far, behind/in-front-of/ alongside, arriving on, above-below
- ► Matching movements: mirroring-matching, meeting-parting, together-apart
- ► Contrasting movements: up-down, wide-narrow
- ► Simultaneous and successive movements: following-copying

### **4** $_{\circ}$

#### Qualities of Movement: How the body moves

- ► Time or speed of movement: quick-sudden, slow-sustained, accelerating-decelerating, basic beat, rhythmic pattern
- ► Effort of the force of movement: strong-light, accent, firm-fine
- ► Free flow: movement that cannot arbitrarily be stopped once started; bound flow: stoppable-ongoing, successive-jerky

### 3

#### Space Awareness: Where the body moves

- ► Personal or limited space
- ► General space
- Directions: forward, backward, sideways, up, down
- ► Levels: high, medium, low
- ► Size: big, small
- ► Pathways: straight, curved, zigzag

#### 2

- ► Transferring body weight
- ► Balancing or weight bearing
- ► Flight
- Shapes: straight, wide, round, twisted, curled, angular

Body Awareness: What the body can do

► Focus: direction of gaze

#### 1

#### Body Movements: Ways the body moves

- ► Locomotor skills
- ► Nonlocomotor skills
- ► Manipulative skills



## **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

Trunk Action	<b>Beginner</b> Vertical to slight forward lean	Intermediate Slight forward lean, greater extension	<b>Advanced</b> Full extension
Arm Action	Limited	Initiate jump	Initiate jump, lead body to full extension
Leg Action	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
Trunk Action	No rotation	Limited shoulder rotation	Hip, shoulder rotation good
Arm Action	No wrist action, push ball	Some wrist action	Elbow leads throw
Leg Action	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

# Chapter 3

# Movement Components and Skill Development

