

1 Skill Themes

&

Movement Concepts

2 What are skill themes?

- ▶ Fundamental motor patterns used in games, gymnastics & dance.
- ▶ They describe "what" the body does.
- ▶ Made up of locomotor, nonmanipulative & manipulative motor patterns.

3 What are the characteristics of the skill-theme approach?

1. Competence in performing a variety of locomotor, nonmanipulative & manipulative motor skills.
2. Provides experiences appropriate to a child's developmental level.
3. Designed to reflect the varying needs & interests of children over a period of years.

4 What are movement concepts?

- ▶ Words that describe "where," "how," & "w/ whom or w/ what" a body movement will be performed.
 - Consider that:
 - ▶ skill themes = verbs
 - they are actions that can be performed
 - ▶ movement concepts = adverbs
 - they are ideas that modify the action
- ▶ For primary grade children the focus is on movement concepts before skill themes.

5 Movement Concepts

- ▶ Space Awareness – "where" the body moves
 - The ability to occupy or travel in an area while maintaining awareness of others.
- ▶ Effort – "how" the body moves
 - Concepts of effort are applied in actual skill learning.
- ▶ Relationships – "w/whom or w/what" the body moves
 - The concept of working w/ objects or people.
 - A beginning theme in gymnastics & dance.