

SECTION

B

Movement



Why is Movement Important?

Movement and physical activity are imperative to brain development, academic performance, and self-regulation. We encourage movement as well as Perceptual-Motor Skills which is the process by which one develops the neural pathways that take in information through the senses, organizes and interprets this information, and then responds to it.

All information coming into a person's awareness is taken in through an elaborate system of neural (nerve) pathways in his/her brain, which then processes the information. This system develops through a child's growing years. Through touching and moving (motor skills), an infant or growing child adds meaning to his senses of seeing and hearing (perceptual). As these develop together, they form the complete network of information-processing pathways, which can be likened to a system of freeways.

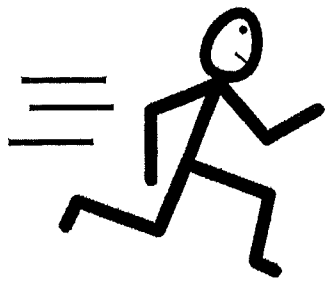
Sometimes a bridge or two are still under construction. Sometimes a child misses a step in his/her perceptual-motor development and those skills are still "under construction." This causes information to be processed poorly in those areas.

Perceptual-motor training is an effective way to complete the building of bridges which are still "under construction." This training enables him/her to better cope with information from the printed page, process auditory information, and deal with the dynamics of social interaction. This purposeful movement can help a child develop to his or her real potential.

For Kindergarten and First Grade, movement of all sorts is imperative, not an option. In this section we have included some

specific Perceptual-motor skills to practice. In addition, here is a list of movements your family will love:

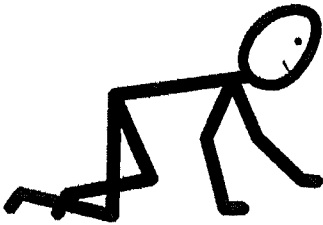
1. skipping
2. jump rope
3. hopscotch
4. bicycle riding
5. bouncing balls (dribbling)
6. playing catch (with soft objects at first)
7. throwing an object into a basket
8. riding scooters
9. rolling down hills
10. park visits



Run



Hop on One Foot



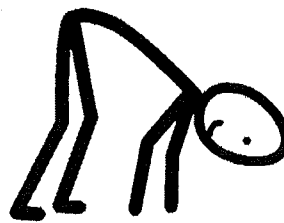
Crawl



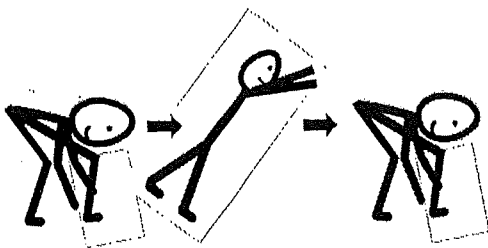
March



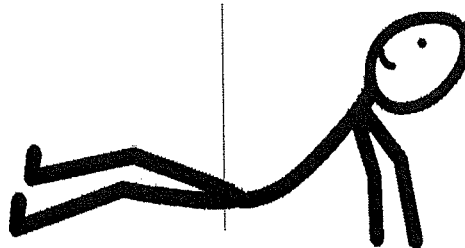
Jump on Two Feet



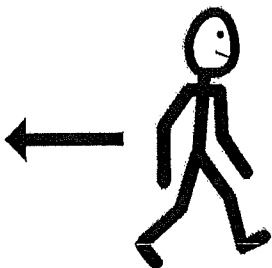
Bear Crawl



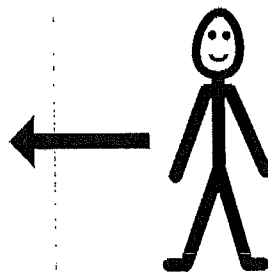
Frog Jump



Crab Walk









Walk Backwards



Walk Sideways

Roll Some Brain Breaks

Directions: Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-6 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and take 10 deep breaths.

	Column #2	Column #3	Column #4	Column #5
1 	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the left	Make 10 large circles with your arms
5 	March in place with knees high for a count of 10.	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths