



# **FUN<sup>99</sup>DAMENTAL<sup>66</sup>**

## **MOVEMENT PROGRAM**

By: MELINDA BOSSENMEYER, Ed.D.



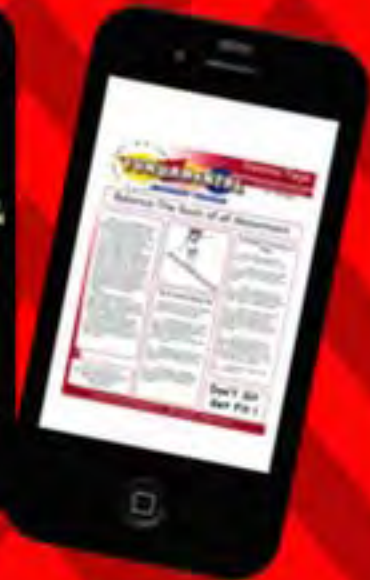
# **PERCEPTUAL-MOTOR DEVELOPMENT GUIDE**

**SKILL DEVELOPMENT MOVEMENT PROGRAM  
FOR  
PRESCHOOL AND ELEMENTARY TEACHERS**



## Physical Education Program : Fundamental Movement K-3

Program	Skills and Activities	Compliance /Assessment
<ul style="list-style-type: none"> <li>• Scope and Sequence</li> <li>• Monthly Themes</li> <li>• Yearly Lesson Plans KDG Grade 1 Grade 2 Grade 3</li> <li>• Assessments</li> <li>Teacher Guide</li> <li>Checklists</li> <li>Parent Pages</li> <li>Certificates</li> </ul>	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Body and Space Awareness</li> <li>• Eye Foot Coordination</li> <li>• Hand-Eye Coordination</li> <li>• Jumping and Sequencing</li> <li>• Locomotor Movements</li> <li>• Social Skill Development</li> <li>• Small Motor Coordination</li> <li>• Skill Development through Games</li> <li>• Total Body Coordination</li> <li>• Fitness</li> </ul>	<p>Assessment Grid by Activity Cards</p> <p>Assessment Charts</p> <ul style="list-style-type: none"> <li>• Run</li> <li>• Jump</li> <li>• Hop</li> <li>• Gallop</li> <li>• Leap</li> <li>• Skip</li> <li>• Underhand throw</li> <li>• Overhand throw</li> <li>• Catching</li> <li>• Kicking</li> <li>• Dribble</li> <li>• Striking</li> <li>• Balance</li> <li>• Body &amp; Space</li> <li>• Fitness</li> <li>• Social Skills</li> </ul> <p>California Standards Lesson Plans Reporting Forms</p> <p>California Standards Alignment</p> <p>National Association for Sport and Physical Education National Standards Alignment</p>
Options for Additional Purchase		
Equipment Package	Training Options	Outdoor Motor Lab
Movement Task Cards	Physical Activity Posters	PE Instructional Music CD



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# Chapter 1

## Balance

### Objectives

- 1) Each student will stand on one foot for 5 seconds.
- 2) Each student will hop on one foot 5 times.
- 3) Each student will walk a balance board forward, backward and sideways.
- 4) Each student will balance on a board for 3 seconds.
- 5) Each student will balance on different parts of their body (that is, Stork Stand).
- 6) Balance while manipulating objects. (That is, bouncing a ball, or balancing a bean bag on head while walking on a balance beam.)

### Equipment Needs

Walking Board, balance boards, blocks, bean bags, coordination ladder, and tin can stilts.

### Instructional Tips

- 1) Balance is the basis of all movement, therefore balance skills should be introduced into a movement program early and reinforced frequently.
- 2) Encourage children to walk slowly across the beam, emphasizing control.
- 3) Visual fixation on a target straight ahead at eye level is important. Children tend to want to watch their feet. This should be discouraged.
- 4) All activities should be practiced on the floor before they are tried on a piece of equipment, that is, walk on a piece of tape on the floor prior to walking on a walking board.
- 5) When working with a sensory delayed child, you may find it of benefit to remove the child's shoes for an enhanced tactile experience.

### Activity -1- Walking Board



Ask student to walk forward looking straight ahead. If this is difficult, have student extend arms as this helps with balance. (See illustration.) Give aid when needed by holding student under the arm at the elbow. Proceed by asking student to walk backwards and also sideways.

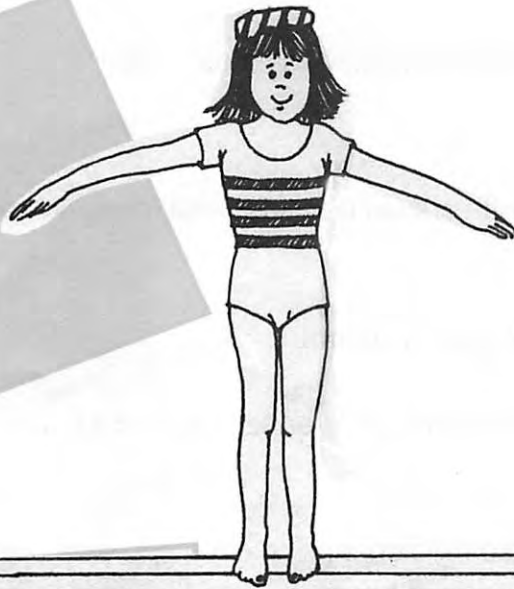


### Activity -2- Walking Around

Ask student to verbalize the direction he is walking. Ask him to walk forward to the end and without turning around, to walk backwards back to the beginning. The next step is to ask the child to walk to the center of the beam and then turn around in the center and walk back as well.



### Activity -3- Walking Board



Ask student to walk forward to the center of the beam, bend over and pick up a bean bag and continue walking. Walk the length of the beam, balancing the bean bag on your head or hand.



### Activity -4- Walking Board

Walk forward, backward and sideways with the bean bag balanced on the top of your head. (See illustration.) Walk forward and pick up the bean bag and continue walking with it balanced on your head.

### Activity -5- Walking Board



Have partners hold a rope 6 inches from the center of the beam. Walk forward and sideways and step over the rope. (See illustration.) Hold the rope approximately 3 feet high and walk under it, walking forward, backwards and sideways.



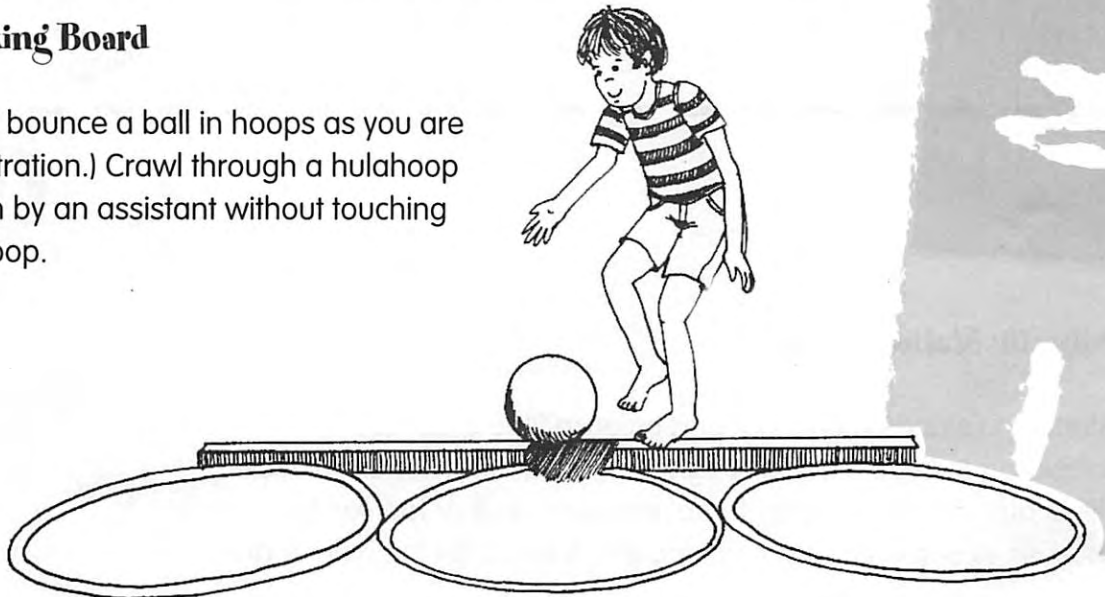
### Activity -6- Tall Walking Board Or Beam

Use the above listed progressions, raising the height as the child becomes more comfortable with height and balance.



### Activity -7- Walking Board

Walk forward and bounce a ball in hoops as you are walking. (See illustration.) Crawl through a hula hoop placed on a beam by an assistant without touching the sides of the hoop.





## Scope and Sequence Fundamental Movement

Theme	Grade Level Skills	Activities
Balance	K 1 2 3	Static Balance Ground Static Balance Beams/Boards Dynamic Balance Ground, Beams, Boards, Dynamic Balance with Apparatus
Body and Space Awareness	K 1 2 3	Knowledge –body parts, parts of head Directionality- body in space Dynamic Balance of body parts Left and right directionality & laterality
Eye-Foot Coordination	K 1 2 3	Moving feet-jumping, hopping Walking with lift (beam, blocks, stilts Kicking for accuracy stationary Kicking for accuracy moving
Hand-Eye Coordination	K 1 2 3	Catching with trapping, Drop & Catch Catching with give without trapping, dribbling underhand throw & overhand throw with objects. Proficient throwing and catching pattern over and under hand. Striking.
Jumping and Sequencing	K 1 2 3	Jumping in same spot & with long rope Jumping individual rope Jumping with proper landing with efficiency Jumping proficiently with movement
Locomotor Movements	K 1 2 3	Animal walks and crawls 7 locomotor skills (walking, running, jumping, hopping, leaping, galloping, & skipping) Pathways and directions
Social skill Development	K 1 2 3	Wait turn, share equipment Follow verbal cues first time. Team player traits, cooperation. Leadership, and appropriate social interaction without prompt
Small Motor Coordination	K 1 2 3	Lacing- stringing Clothes pins and small object manipulation Rhythm stick play appropriately Advanced rhythms and music
Skill Development Through Games	K 1 2 3	Rolling an object Throwing and catching game situation Dribbling and kicking in game situation Successful participation in game setting
Fitness Concepts	K 1 2 3	Nutrition and physical activity  Identify some of the Benefits of exercise Understanding heart and exercise



**Preschool - Grade 2 Motor Skills Program**

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**122 Pages**

Theme:  
**BALANCE**

Equipment Needs: Balance Board

Marking on Playground: Yes - Balance Beam

Activity 1 - WALKING BOARD

Ask students to walk forward looking straight ahead.

Teaching Tips: If this is difficult, have student extend arms as this helps with balance.

Challenges: Walk Forward

Walk Sideways

Walk Backwards

Reteaching or review - walk line on ground

Difficult? Give aid when needed by holding student under the arm or at the elbow.

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Theme:  
**BALANCE**

Equipment Needs: Balance Board

Marking on Playground: Yes - Balance Beam

Activity 2 - WALKING BOARD

Ask student to verbalize the direction he is walking.

Ask him to walk forward to the end and without turning around, to walk backwards back to the beginning.

The next step is to ask the child to walk to the center of the beam and then turn around in the center and walk back as well.

Difficult? Give aid when needed by holding student under the arm or at the elbow.



Theme:  
**BALANCE**

Equipment Needs: Balance Board & Bean Bag

Marking on Playground: Yes - Balance Beam

Activity 3 - WALKING BOARD

Ask the student to walk forward to the center of the beam, bend over and pick up a bean bag and continue walking.

Walk the length of the beam, balancing the bean bag on your head or hand.

Difficult? Give aid when needed by holding student under the arm or at the elbow.



Theme:  
**BALANCE**

Equipment Needs: Balance Board & Bean Bag

Marking on Playground: Yes - Balance Beam

Activity 4 - WALKING BOARD

With the bean bag balanced on the top of your head.

Challenges: walk forward  
walk backward  
walk sideways

Walk forward and pick up the bean bag and continue walking with it balanced on your head.



Theme:  
**BALANCE**

Equipment Needs: Balance Board & Rope

Marking on Playground: Yes - Balance Beam

Activity 5 - WALKING BOARD

Have partners hold a rope 6 inches from the center of the beam.

Walk forward and sideways and step over the rope.

Hold the rope approximately 3 feet high and walk under it.

Walk: under it  
forward  
backwards  
sideways





# Balance Award



Balance on one  
foot, walking  
board, balance  
board, stork  
stand, and  
balance puzzles.



---

Name \_\_\_\_\_





**Assessment Chart Balance Teacher Date Grade Room**

	 <p><b>Skill-Balance</b></p>	<p><b>Static Balance</b> 1. Look up</p>	<p>2. Tighten body for stability</p>	<p><b>3 Dynamic Balance</b> 1. Look forward</p>	<p>2. Arms out to side helps with stability</p>			
Students	Date	Skills Missing					In Progress	Mastered
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								

## FUN<sup>99</sup> FUNDAMENTAL

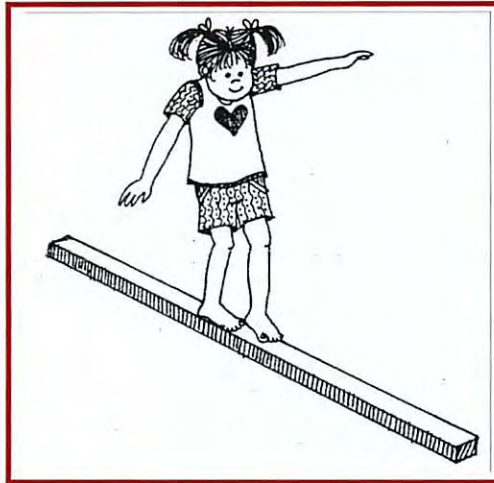
### MOVEMENT PROGRAM

## Balance-The Basis of all Movement

Balance is the foundation upon which all physical skills are built. Children experience balance first by controlling and "balancing" their head. The balance mechanism comes into play in a baby who tries to sit up without falling over. Standing balance and walking with balance is evident by a proficient stride. Then there is balancing on one foot and also the ability to balance an object with a body part. Good balance practice comes into play when, oddly enough, a child is off balance and internal balance mechanisms are stimulated and the body works hard to regain its balance.

A wide base of support is helpful for good balance. Football players do this in their stance and babies learning to walk do this with their feet wide apart, sub-consciously applying this principle.

So, even if high rope walking isn't planned for your future for your child, balance abilities lay the foundation for graceful execution of daily skills.



### We've Been Having Fun!

Here's just a few of the children's favorites to give you an idea of what fun we've been having.

1. Crossing the brook. That's right. Careful walking on a balance beam eliminates messy situations. Talented mates can cross, forwards, sideways and backwards too. Can you?
2. Walking tall. Walk forward with a bean bag balancing on your head. Models do this for practice, I'm told.
3. Stilt walking. Walking on cans with ropes attached make kid size stilts for practicing balance challenges.

### Fun Games to Practice at Home

Here's some fun games to practice at home with your child.

1. Hopscotch- Set up a game of hopscotch with chalk on the sidewalk. Join in the fun with your child.
2. Balance Walking- See who can walk the farthest balancing a book, a ruler or a yardstick on their head. Make it a family contest.
3. Rocking Horse- Stand with hands on hips and feet astride. Lean forward, keeping knees straight. Lift heels from the floor. Rock backward, lifting toes from the floor.
4. On All Fours- Assume a hands and knees position on the floor. Challenge each other to : a. raise one hand in the air; b. raise one leg in the air; c. raise your left arm and right leg in the air.
5. Swan Stand- Stand on one foot and balance.

Visit our website at:  
[www.peacefulplaygrounds.com](http://www.peacefulplaygrounds.com)  
For more ideas and information.

## Don't Sit. Get Fit !

# Physical Education Lesson Plans Grades K-1

**TOTAL MINUTES=** \_\_\_\_\_

Name \_\_\_\_\_ School \_\_\_\_\_ District \_\_\_\_\_ Dates \_\_\_\_\_

Monthly Theme 1. BALANCE	Skill Activities-Task Cards	Concepts	Station Set Up/ Whole Class - Equipment	Fitness Activities and Concept	CA PE Standard/s
Lesson Plans for Weeks 1-2	Activity 1 & 2 Dynamic Balance- Walking F,B, S on walking board at ground level walking heel-toe.	Walk forward & backwards on a line on ground. Verbalize the directions and turn around in the middle	Station 1 5 chalk lines at ground level (chalk)	Activity 2 Exercise Posters included. 1 min PA. Name an enjoyable physical activity.	CA 4.1 PA enjoyable for 1 min.
	Activity 3 Dynamic Balance- On walking board while picking up bean bag.	Center, beginning, end, middle, bend, pick up, and middle.	Station 2 5 chalk lines and 5 bean bags	Activity 3 Four corners game for 1 min. Explain why drinking water after PA is good.	CA 1.7 Balance while moving on a narrow surface. CA 4.2 Importance of hydration.
	Activity 4 Balancing object with body part when walking at ground level.	Balance Balancing an object on head	Station 3 Chalk line on ground with rope	Activity 4- Geronimo Run for 1 min. Increasing amount of running makes heart beat faster.	CA 1.7 Balance while traveling with object. CA 4.5 What activities cause the heart to beat faster?
	Activity 5 Dynamic Balance at ground level when traveling. Walking on balance board stepping over rope.	Step over Distance-6 inches 1 foot high	Station 4 Chalk line on ground with rope	Activity 5- Shooting Star For 2 min. ID what activities cause heart to beat faster.	CA 1.7 Balance while moving on walking board with manipulative.
	Act. 10 & 11 Stationary balance on one foot. Dynamic Balance by hopping forward and moving.	Balance on One Leg 5 Seconds/Hop on One Foot 5 Times/Jump in place 5 times	Station 5 5 Dots or circles (can draw these in chalk)	Activity 6- Circuit training for 2 min. Teach the heart is a muscle and where it is in heart.	CA 1.6 Demonstrate Balance with Base of Support. CA 4.4 Identify location of heart and explain it's a muscle.

**Compliance 200 minutes each 10 days**

	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Minutes										
Date										
Signature										

**Missed Lesson**

Reason/Date	1.					2.				
	Holiday	Sch Event	Weather	Short Day	Other	Holiday	Sch Event	Weather	Short Day	Other
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# PHYSICAL ACTIVITY EXERCISE CARDS



"WE COUNT"



"FUN" DAMENTAL

MOVEMENT PROGRAM

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# JUMPING JACKS

**"WE COUNT"**



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**"FUN" DAMENTAL**

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PEDEOMETER WELLNESS PROGRAM



# SKIPPING



**WE COUNT**



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# Fundamental Movement

## Brain Break Themed Task Cards





# Fundamental Movement

## Ready Made Resources: Posters, Exercise Cards





# **FUNDAMENTAL MOVEMENT**

## BALANCE ACTIVITIES NASPE Standards Alignment

#	ACTIVITY	SKILLS	NASPE STANDARDS
1	Walking Board	Walk Forward & Backwards on a Line or Board	1, 2, 3, 5, 6
2	Walking Board	Verbalize the Direction & Turn Around on Board	1, 2, 3, 5, 6
3	Walking Board	Walk Forward Bend Down Pick Up Bean Bag	1, 2, 3, 5, 6
4	Walking Board	Walk Forward, Backward, Sideways with a Bean Bag Balanced on Top of Head	1, 2, 3, 5, 6
5	Walking Board	Walk Forward, Backward, Sideways and Step Over a Rope and Under a Rope	1, 2, 3, 5, 6
6	Walking Board	Walk Forward, Backward, Sideways and Step Over a Rope and Under a Rope (Higher Height)	1, 2, 3, 5, 6
7	Walking Board	Walk Through a Hula Hoop/Bounce Ball in Hula Hoops while Walking Across Board	1, 2, 3, 5, 6
8	Balance Boards	Balance for 10 seconds on a Square Bottomed & Circle Bottomed Boards	1, 2, 3, 5, 6
9	Blocks	"Cross the Brook" Stepping on Blocks	1, 2, 3, 5, 6
10	Stationary Balance	Balance on One Leg 5 Seconds/Hop on One Foot 5 Times	1, 2, 3, 5, 6
11	Dynamic Balance	Stand on One Foot and Hop Forward, Land and Balance on that Foot 5 Seconds and Hop Forward	1, 2, 3, 5, 6
12	Object Balance	Balance the Bean Bag on Various Parts of the Body While Moving/ Balance Bean Bag on Head Sit Down & Stand Up	1, 2, 3, 5, 6
13	Body Parts Balance	Build a Bridge using 4 Body Parts/2 Body Parts	1, 2, 3, 5, 6
14	Object Balance	Balance a Bean Bag on the instep of Foot and Swing Foot Forward & Backward/Swing Foot & Catch Bean Bag with Hand	1, 2, 3, 5, 6
15	Coordination Ladder	Walk on the Rungs of the Ladder Forward, Backward, Sideways	1, 2, 3, 5, 6
16	Coordination Ladder	Walk on Ladder as a Balance Board & Balance a Bean Bag on Various Body Parts	1, 2, 3, 5, 6
17	Coordination Ladder	Balance on Ladder on One Foot 5 Seconds/Hop 5 Times on One Stop on Ladder	1, 2, 3, 5, 6
18	Balance Puzzles	Body Part Balance Puzzles	1, 2, 3, 5, 6
19	Tin Can Stilts	Move in Different Directions	1, 2, 3, 5, 6