

-- -- Fold in Half First

© 2007 Bridges & Weiller-Abels

Indirect (expanded or flexible).

FOCUS: (effort in space) {E8-E9}

DIrect (pointed or in a line),

-ree (ongoing).

(fluidity): WOI-1

.(Indeil) Jlo2 Hard (strong),

(rension) : 9010-

(benistaus) WOIS (nebbus) 1261

Effort Concept: How?

Time: (rate)

Acceleration (change).

Bound (stoppable),

Movement Education Framework: Concepts, Categories, Elements

{Z3-93}

{S3-43}

{E1-E3}

---- Fold in Half First

Movement Education Framework: Concepts, Categories, Elements

{∃}

© 2008 Bridges & Weiller-Abels

ε

. 4

3.

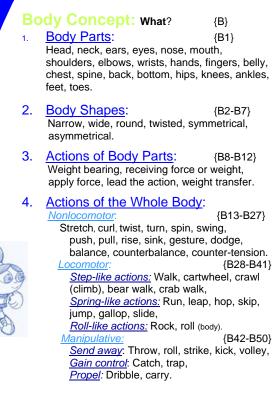
.2

1

Connections with Who or What? {R}

- People:(organization of) 1. {R1-R13} Solo, alone in a mass, partners, even group(s), uneven group(s), Individual to group, group to group, Triangle, circle, square, scattered, spokes of a wheel, "X".
 - Position: (spatial relationship) {R14-R27} Above/below (still), over/under (moving), inverted, mount/dismount, in front of/behind, beside, alongside, through, surround, around, support/supported (still), lift/lifted (moving), meet/part, near to/far from.
 - Timing: {R28-R37} Mirror, match, contrast, unison, Alternate: Taking turns, e: Movement sequence, canon, question/answer, act/react, lead/follow.
 - 4. Goal: (of the activity) {R38-R40} Cooperative (help), collaborative (outwit), competitive (win).
- 5. Environment: (Nature of the) {R41-R42} Static, dynamic.

The Who or What can be: body parts, individuals, groups (BIG) and/or rules , objects, boundaries, equipment (ROBE) and/or writing, music, pictures, lighting, nature (Arts)



© 2007 Bridges & Weiller-Abels

Teach Body Concepts with SPORTIME Pocket Chart Cards {B1-B50} Definitions of terms in: Movement Education. Foundation for active lifestyles. (2009). Human Kinetics Publishers.