



## MOVEMENT ACTIONS

### Action Awareness

*(WHAT my body can do)*

## MOVEMENT CONCEPTS

### Effort Awareness

*(HOW my body moves)*

### Space Awareness

*(WHERE my body moves)*

### Relational Awareness

*(Relationships my body creates WITH myself, other movers and objects)*

## HEALTHY NUTRITION

### Nutritional Awareness

*(ABOUT healthy eating and drinking)*

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“I am learning to be **CHOOSY** about **WHAT** my body does, **HOW** and **WHERE** my body moves, the relationships my body creates **WITH** myself, other movers and objects, and **ABOUT** healthy eating and drinking.”

**Action Awareness (WHAT my body does)**

<u>Traveling Actions</u>			<u>Stabilizing Actions</u>				<u>Manipulating Actions</u>			
Walking	Jumping	Galloping	Twisting	Standing	Swinging	Stretching	Landing	Throwing	Rolling	Open
Skipping	Crawling	Running	Turning	Sitting	Swaying	Bending		Catching	Kicking	Close
Hopping	Sliding	Leaping	Balancing	Squatting	Pulling	Shaking		Bouncing	Trapping	Striking
Climbing	Marching		Curling	Kneeling	Pushing	Dodging		Tossing	Object Handling	

**Effort Awareness (HOW my body moves)**

<b>TIME</b>		<b>FORCE</b>			<b>CONTROL</b>	
<u>Speeds</u>	<u>Rhythm</u>	<u>Degrees of Force</u>	<u>Creating Force</u>	<u>Absorbing Force</u>	<u>Weight Transfer</u>	<u>Dimensions</u>
Slow	Beats	Strong	Starting (Go)	Stopping	Rocking	Single Movements
Medium	Cadence	Medium	Sustained	Receiving	Stepping	Combinations of
Fast	Patterns	Light	Explosive		Rolling	Movements
Speeding Up					Flight	Transitions
Slowing Down						

**Space Awareness (WHERE my body moves)**

<u>Categories</u>		<u>Directions</u>			<u>Levels</u>			<u>Pathways</u>			
Self space	Shared Space	Up	Right	Forward	Backward	High	Medium	Low	Straight	Curved	Zigzag
		Down	Left	Sideways							

**Relational Awareness (WITH myself, other movers, and objects)**

<u>Body Parts</u>			<u>Shapes</u>		<u>Roles</u>	<u>Associations</u>	<u>Locations</u>			
Head	Arms	Ankles	Big	Triangle	Leading	Letters	Near to--far from	On--off		
Hand	Fingers	Toes	Small	Square	Following	Numbers	Around--through	In -- out		
Ears	Chest	Elbow	Curved	Circle	Mirroring	Colors	In front - behind	Top -- bottom		
Eyes	Wrist	Shoulder	Straight	Rectangle	Unison	Hand Signs	Together--apart	Over--under		
Nose	Hips	Neck	Wide	Narrow	Taking Turns	Pretense	Facing--side by side			
Leg	Waist	Stomach	Twisted	Thin	Solo					
Knee	Bottom	Like			Partner					
Foot	Back	Unlike			Group					

**Nutritional Awareness (ABOUT healthy eating and drinking)**

<u>Food &amp; Drink Choices</u>	<u>Food &amp; Drink Sources</u>	<u>Food &amp; Drink Characteristics</u>		<u>Food &amp; Drink Skills</u>			<u>Mealtime Behaviors</u>
Healthy	Animals	Colors	Tastes	Scrubbing	Scooping	Kneading	Table setting
Not So Healthy	Plants	Textures	Flavors	Washing	Slicing	Snapping	Chewing
Variety	Soil	Smells		Mixing	Stirring	Peeling	Enjoying (Food is Fun)
Meals	Trees	Shapes		Pouring	Breaking	Mashing	Pacing
Snacks		Sizes		Tearing	Storing	Measuring	Portions
Cultural		Temperatures		Utensil Use	Rolling	Squeezing	Manners
				Spreading	Dipping		

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