

Charting Movement Patterns

When planning for the activity component, you might want to use this chart to diagram the movement patterns. This will serve as a check to make sure that your students are receiving a well rounded exposure to all movement patterns according to the percentages given on page 11 of this document. Samples appear on the next two pages.

Activity:

High	5										
	4										
	3										
Emphasis	2										
	1										
Low	0										
		Sen ding	Rece ivin g	Acco mpa nyin g	Eva ding	Lan ding s	Stati cs	Swi ngs	Loco moti ons	Rotati ons	Spring s

Activity: Educational Gymnastics

High	5					X	X	X	X	X	X
	4										
	3										
Emphasis	2										
	1										
Low	0	X	X	X	X						
		Sen ding	Rece ivin g	Acco mpa nyin g	Eva ding	Lan ding s	Stati cs	Swi ngs	Loco moti ons	Rotati ons	Spring s

Activity: Tennis

High	5	X	X						X		
	4										
	3										
Emphasis	2										
	1										
Low	0			X	X	X	X	X		X	X
		Send ing	Rece ivin g	Acco mpa nyin g	Eva ding	Lan ding s	Stati cs	Swi ngs	Loco moti ons	Rotati ons	Spring s