

# Movement Skills

Grade 7

7B2

7B3

7B5

## Organizing Idea

Developing and applying creative-thinking and decision-making skills through movement is a feature of becoming a physically literate individual.

# Learning Outcome

Students relate practice and feedback to improvement of movement patterns and skills in various physical activities.

# Understanding

Improving movement patterns and skills through practice, feedback integration, and application of movement elements, concepts, and principles can improve performance in physical activities.

## 7B2 Key Vocabulary

- **Practice**
- **Feedback**
- **Error correction**
- **Technique**

## 7B3 Key Vocabulary

- **Error Correction**
- **Refinement**
- **Feedback**

# 7B5 Movement Elements

- Force
- Body shape
- Time
- Rhythm
- Speed

# Movement Elements

**Force:** How much push or pull is used

**Body Shape:** The position or form the body takes

**Time:** When the movement happens

**Rhythm:** The pattern or beat of movement

**Speed:** How fast or slow the movement is

## 7B5 Movement Concepts

- **Body awareness**
- **Spatial awareness**
- **Effort awareness**
- **Relationships**
- **Effort quality**

# Movement Concepts

**Body Awareness:** Knowing what your body parts are doing

**Spatial Awareness:** Understanding where you are in space

**Effort Awareness:** How hard you are working

**Relationships:** With whom, what objects, or within which environment the body moves

**Effort Quality:** The feeling or character of the movement (smooth, sharp, sustained, sudden)

# 7B5 Movement Principles

- **Stability**
- **Force**
- **Speed the movement**

# Movement Principles

**Stability:** Improved by lowering the center of gravity and widening the base of support

*Example: Bend knees and spread feet to stay balanced*

**Force:** How to generate and control push or pull

*Example: Rotate hips and follow through when throwing*

**Speed the Movement:** How to increase or control the rate of movement

*Example: Quick arm swing to speed up a throw*

# Stability Principle

## Lower center of gravity + widen base of support

- Basketball: Defensive stance with bent knees, feet apart
- Gymnastics: Balance beam with arms out, knees bent
- Soccer: Receiving a pass by widening stance

# Force Principle

## Generate and control push or pull

- Throwing: Rotate hips, step forward, follow through
- Volleyball serve: Use whole body, not just arm
- Hockey shot: Transfer weight, rotate shoulders

# Speed Principle

## Increase or control rate of movement

- Running: Quick arm swing and high knee drive
- Badminton: Fast wrist snap for smash
- Dance: Sharp, quick movements vs. slow flow

# Applying Movement Elements

**Adjust force, body shape, time, rhythm, and speed**

- Tennis: Change force and speed for lob vs. smash
- Dance: Match rhythm to music, vary body shape
- Track: Control speed and time for pacing

# Applying Movement Concepts

## Use body, spatial, and effort awareness

- Basketball: Spatial awareness to find open space
- Yoga: Body awareness for proper alignment
- Ultimate: Effort quality for smooth throws

**Practice + Feedback = Mastery**

