



Movement Guide

To use in conjunction with the DVD program

Stacey Pepper Schwartz, MA, BFA

Copyright 2008



Overview of Movement Skills Addressed

- Body awareness (body parts, isolating body parts)
- Spatial awareness (personal space as well as space around us)
- Directions in space
- Transfer of weight between one to two feet
- Steps (march, run, jump, hop, skip, leap)
- Sequencing steps
- Balance
- Muscle control
- Time (slow, fast, stop, go)
- Listening (vocal and musical cues)
- Focus
- Breath
- Personal expression
- Audience participation
- Exercise components: stretch, strength, endurance





Movement Guide

Note: Always consult a physician before starting this or any movement program.

For all ages:

This program is designed for people 2 years of age and up, to exercise and creatively move together. Feel free to modify any and all parts of this program to fit your individual needs. For example, the "fast feet" exercise might be performed by a 2 year old by marching, running, jumping and exploring hopping by holding an adult's hands. An adult who has trouble moving quickly from low level to high level can stretch towards low level instead of performing a low level movement. There is not a right or wrong, just an exploration of movement to keep the body healthy, happy and strong!

How to use this guide:

This guide describes the exercises performed in the DVD. It breaks down the movement elements of each exercise (which you will notice in the green print) and shares ways to create fun variations (which you will notice in the purple print.)

1. The Warm-Up:

This warm-up brings awareness to our various body parts. It is important to discover that the parts of the body can move independently from each other. Some body parts circle, others bend, twist, stretch, swing, wiggle, rise and fall.

The warm-up sequence:

- Stretch your arms up high, stretch your arms down low, and repeat twice
- Circle your head, circle your shoulders
- Wiggle one arm, wiggle the other arm, wiggle your legs, wiggle your body
- Rise up tall, sink down low, rise up tall slowly again
- Swing one arm, swing the other arm, swing a leg, swing the other leg
- Bend your arms, bend your legs, bend your arms and legs together
- Twist your spine slow and fast

Movement elements explored:

- Isolation
- Differentiation of body parts
- Discovering range of motion
- Healthy warm up techniques



Warm-Up Movement Discovery:

Pick out different body parts than the ones explored on the DVD. How can you move these body parts? Can you swing and bend them? Can you wiggle and circle them? Can you do it fast and slow? Can you find a new and unusual way to move a body part?

2. Name Game:

The name game explores two elements of movement: level and shape. Have everyone stand in a circle or semi-circle. Ask each mover, one at a time, to say his/her name while creating a high, middle or low level shape. After the shape is performed, have the rest of the group repeat the movement. Then start at the beginning, repeating all the names and shapes in order from the first person to the last person. Add a new person's name and shape each time you repeat the sequence. At the end you will have a long movement sequence.

Movement elements explored:

- Shape (curved, angled and straight line movements)
- Level (high, middle and low)
- Sequencing (what came first, second, third...)

Name Game Movement Discovery:

Use different subjects for your action word. Instead of your name you could do a favorite food, TV show, school subject, color, etc. See if you can do the movement sequence forward and backward. See if you can substitute different movement elements, instead of body shapes, move one body part, do your favorite jump, warm-up movement, etc.

3. Fast Feet:

It is important to properly warm up your feet and ankles so you don't get injured before performing a lot of big leaps or jumps. It is also a great way to get the heart pumping! If you perform the section three or four times in a row you will have about a 15 minute cardiovascular workout.

The order of the fast feet section:

- Marching (4 sets of 8 marches)
- Fast running in place (4 sets of 8 runs)
- Jumps in place (2 sets of 8)
- Slow hops on one foot (2 sets of 8 on each foot)
- Fast hops on one foot (2 sets of 8 on each foot)
- Jumping Jacks (2 sets of 8 slow, 2 sets of 8 fast)
- Switches - open close jump (2 sets of 8 slow, 2 sets of 8 fast)



Movement Elements Explored:

- Transfer of weight (one leg to two legs, two legs to one leg, two legs to two legs, one leg to the same leg and one leg to the other leg.)
- Balance
- Facings (front, back, left, right, face a partner...)
- Muscle control
- Endurance

Fast Feet Movement Discovery:

After you are comfortable with these jumps can you move throughout the space while you perform jumping jacks (two feet to two feet) and switches (two feet to one foot)? Can you change your facing and look at someone new every time you change to a new jump? How many times can you perform the fast feet section? Can you come up with new two feet to one foot jumps or two feet to two feet jumps?

4. Space Exploration/ Freeze Dance:

Now we are ready to be space explorers but not outer space. There is space all around us. Our personal space is the area right around us. Then there is the far reaching space that we can't get to unless we move or locomote our bodies. When we explore our personal space we don't move from our spot. You can reach out in high, middle or low space. You can reach underneath yourself, and behind you. You can reach with an arm, an elbow, a leg, a shoulder or even a knee but don't leave your spot. When you explore far reaching space move through the space, walk, crawl, roll, skip, jump or move anyway you like. For even more fun when the music stops, freeze.

Movement Elements Explored:

- Muscle control (freezing is an isometric exercise)
- Spatial awareness
- Following vocal & musical cues

Space Exploration/Freeze Dance:

Make it more challenging. Everyone freeze when the leader hits a low shape, or when the leader gallops in a circle. Change the leader throughout the game. You can play freeze dance with any of these movement elements as well. It's a favorite of kids and adults alike.

5. Across the Floor:

The idea of "across the floor" is to perform various steps in all sorts of directions through the space, like jumping sideways, skipping backwards, or galloping in a circle. Direction is another movement element.



Across the floor sequence:

- Jumping sideways
- Galloping sideways
- Running forward
- Running backward
- Skipping forward
- Skipping backward
- Galloping in a circle
- Leaping forward

Movement Elements Explored:

- Directions: forward, back, side, side, circle
- Sequencing
- Endurance

Across the Floor Movement Discovery:

Mix and match the various steps and directions. Can you add two other low level ways of moving? Rolling and crawling! Can you explore another direction? You can move diagonally through the space. Which directions do you like to move the best? Which are the most challenging and why?

6. Cool Down Yoga:

At the end of class it is very important to slow our bodies down. You don't need a mat for a cool down, but some people like it especially if the floor is very hard or dusty. (I do not use mats when I teach in schools and I still use the image of lying on a magic carpet!)

Breathing is underrated. It is one of the most important things we can do for our body. When we breathe, we take oxygen in from our lungs and the oxygen is sent throughout our body. This gives us energy. The more we can slow our breath down naturally and gradually the more we can find a place of relaxation. To find a place of stillness after so much moving is very rewarding. Focus on the simplest movements in your body, your stomach and lungs rising and falling, taking breath in and sending it out.

After you have found a place of calm or ease, you can perform simple stretching movements. I like to focus on the top and bottom of my spine. In a table top position (hands and knees on the floor), play around with wagging your tail or bobbing your head. Send your head and tail in various directions. Then when you come to standing, play with your balance. Focus on an object and see if you can lift one foot. Hold a child's hand or have them stand against a wall to practice this if it is too difficult. This is all about practice, focus and having fun challenging your self.



Yoga poses explored:

- Downward facing dog
- Upward facing dog
- Child's pose
- Mountain pose
- Tree pose

Movements Concepts Explored:

- Breath
- Flexibility
- Focus
- Muscle control
- Balance

Cool Down Yoga Movement Discoveries:

Enjoy the stretches I showed you in the DVD and come up with your own as well by exploring all the various ways your head and tail can move towards and away from each other.

7. Our Favorite Thing/Assessment:

It is fun to review everything we did in our class. Bring the class (or your children) back to a circle or semi-circle. Think about your favorite ways of moving. Maybe it was the "Warm-Up", or the "Name Game". What about "Fast Feet" or "Space Exploration?" Maybe it was our "Cool Down Yoga" at the end. Each person can move, in the middle of the circle, anyway he or she likes while everyone else watches and claps. When the person is finished she or he will sit and the next person will have a turn.

Our Favorite Thing/Assessment Movement Exploration:

- Review
- Audience participation (watching someone and being able to talk about what you see, clapping along and being involved without being the mover.)

Our Favorite Thing/Assessment Movement Discoveries:

Ask the participants what they see while someone is moving or after the mover is finished. What did they like? What levels, shapes or steps did they see? Have two go at a time. The group can dance together after everybody has had their chance to shine.



8. **Bonus Create-a-Dance/ Assessment:**

The goal of Create-a-Dance is to put multiple movement elements together. In the DVD we focus on directions and steps. We have three different colored bags. In the first bag we have cards labeled with all different steps, the second bag we have cards labeled with various directions, and the third bag has cards labeled with numbers to let us know how many times we should perform the steps.

We pull out of the bags:

- Jump, side, 4
- Gallop, circle, 10
- Skip, backward, 8
- Leap, forward, 2

It is helpful to review the jump sequence, the gallop sequence, the skip sequence and the leap sequence separately at first. Then it is time to put it all together. It is important to have a beginning, middle and end of your dance. Have the children began in a low middle or high level shape. Then perform all four sequences in order and end in a low, middle or high level shape.

Movement Elements Explored:

- Multiple concepts together: level, steps, direction
- Sequencing
- Spatial awareness (moving with others)

Create-a-Dance/Assessment Discovery:

You can use any of the movement elements to create-a-dance. This is a great way to practice and assess what you have learned. Furthermore, each time you create-a dance, you will have a new and different creation. You can even take this a step further and have the kids write or tell you what images they thought of while performing their dances. "I felt like I was on a horse galloping over a mountain," or "I was moving in circles..." You can even have them draw what it felt like on a piece of paper. This ties in to literacy. First the children create with their bodies and then they express it with words or ideas.

Thank you!

I want to thank you for participating in this program. I hope you had fun keeping your body healthy by moving **Up, Down and All Around!** Remember it is not about doing any one element perfectly, it is about moving, practicing, staying active and teaching children to do the same. And what better way of connecting with children then by moving with them!

Email:

Please email me at Stacey@leapinglegs.com to let me know how you like the program!

