

WHAT IS IT? (RATIONALE)

Moving with a purpose can help develop the brain, organize the body, and maintain discipline.

ADAPTATIONS

Any safe movement which will transport the children from one area to another.

GETTING STARTED (PROCEDURES & MATERIALS)

Whenever the children move today, they should be assigned a specific method for their movement. Either you could choose, or you could use your children's ideas. i.e. Walk in slow motion. Skip. Move in low space. etc.

DEVELOPED BY:

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No equipment necessary .

DOMAINS ADDRESSED



SEQUENCING



BALANCE



AEROBIC



BEST EFFORT

**BODY IMAGE
FOLLOWING DIRECTIONS**

**GENERAL
COORDINATION**

**SELF CONTROL
RESPECT
COOPERATION
RESPONSIBILITY**