

# KidBuilders Motor Skills in the Classroom For Preschool and Kindergarten

**KidBuilders** is a comprehensive, year-long motor skills program written by Marilyn Bitsis and Margaret Schafer. It is designed to meet the needs of the motor skills teacher of young children. **KidBuilders workshops** can be customized to meet the needs of its audience—from sampler settings to 12-hour continuing education workshops. **KidBuilders** staff can train *your* motor skills teacher. If you are interested in learning more about the complete KidBuilders curriculum, please contact Marilyn Bitsis at (713) 306-9875.

The Motor Skills in the classroom for Preschool and Kindergarten presentation is just a small sampling of our sequential skills, activities, suggested music and equipment. Today's session is prepared especially for participants in the Presbyterian Weekday Ministries Workshop, 2009, who teach preschool and kindergarten children ages **2 1/2 to six** years old.

## Essentials of Motor Skills

Realizing the importance of motor development to later learning, these are fourteen basic skills, or essentials, you can work on during the school year. While the basics remain constant, the variety and creativity you add make them into essentials of preschool motor development. The following is a list of basic skill areas we believe are essential to healthy gross motor development. We have added some suggestions of music, equipment and games for making your skill activities FUN!

### Basic Skill #1: Non-Locomotor Movement

- Various body movements while remaining stationary-no locomotion. The body stays in one place.
  - Stretch, twist, roll shoulders, bend knees, jump in place

### Basic Skill #2: Locomotor Movement

- Basic body movements used to transport one's body from one place to another.
  - Walk, run, hop, jump, bear walk, crawl, walk backwards

### Basic Skill #3: Bilateral Movement

- Movement using both sides of the body simultaneously or in parallel movement.
  - Bear walk, crab walk, jump

### Basic skill #4: Lateral (side) rolling

- Movement in both directions from back to front to back again while lying flat.
  - Log rolls on a mat, roll down a hill or other incline

### Basic Skill #5: Body Image/Body Awareness

- The concept and knowledge of one's body and its parts; the structure of body parts, their movement and functions, and the position in relation to one another and other objects.
  - "Head, Shoulders, Knees & Toes" song, Body Parts Squares game

### Basic Skill #6: Balance

- The ability to gain and maintain a body position against the force of gravity by working the muscles to keep the body on its base.
  - Dynamic Balance: Balance during locomotion
    - Walking on the balance beam
  - Static Balance: Balance while remaining still
    - Balance on one foot, "V" sit

### Skill #7: Jumping/hopping

- To spring free from the ground or other base by the muscular action of feet and legs (jumping) or one leg and foot (hopping).
  - Kangaroo jumps as part of animal imitation; jumping from a low step or jump box, hopscotch; hopping on one foot to line up.

### Basic Skill #8: Directionality

- The projection of one's self in space and the understanding and knowledge of the direction (behind, in front-of, up, down, over, under) needed to achieve the desired movement.
  - Obstacle course, scooters around cones in a pattern

### Skill #9: Push/Pull

- Push: To press against with force
  - Sit in a circle with a large piece of stretch fabric and have the children pull back and forth.
- Pull: To exert force upon so as to cause motion toward the force.
  - Line the children up against the wall and tell them to push as hard as they can with different body parts.

### Basic Skill #10: Unilateral Movement

- Movement using and isolating only one side of the body.
  - One-sided angel, hop on one foot

### Basic Skill #11: Tracking (Ocular Pursuit)

- The ability of the eyes to follow a moving object
  - "Follow the Scarf" game, Bubbles

### Basic Skill #12: Eye-Hand Coordination

- Use of the eyes and hands together to accomplish a skill
  - Bounce-catch (two-handed catch) a ball

### Basic Skill #13: Eye-Foot Coordination

- Use of the eyes and foot or feet together to accomplish a skill
  - Standing or walking kick of a ball or kicking jug

### Basic Skill #14: Cross-Lateral Movement

- Movement when both sides of the body are working in opposition to one another (walking with left foot forward and right arm forward), or crossing the mid-line of the body (right foot crosses over the left to step).
  - Zigzag walk over rope or on a grid