

## **Movement Concept Focus**

Several movement concepts are covered in each lesson.

The movement concept(s) found in **bold** is/are the main focus for the lesson listed.

Week	Date	LNL 3	LNL 4	LNL 5	LNL 6	Movement
		Movement	Movement	Movement	Movement	Concepts
		Concepts	Concepts	Concepts	Concepts	7 yr olds
1		Place; Body	Place; Body	Place; Body	Place; Body	Place
		Awareness; Level;	Awareness; Level;	Awareness; Level;	Awareness; Level;	
		Direction; Pathway	Direction; Pathway	Direction; Pathway	Direction; Pathway	
2		Place; Body	Place; Body	Place; Body	Place; Body	Place
		Awareness; Level;	Awareness; Level;	Awareness; Level;	Awareness; Level;	
		Direction; Pathway	Direction; Pathway	Direction; Pathway	Direction; Pathway	
3		Place; Body	Place; Body	Place; Body	Place; Body	
		Awareness; Level;	Awareness; Level;	Awareness; Level;	Awareness; Level;	
		Direction; Pathway	Direction; Pathway	Direction; Pathway	Direction; Pathway	
4		Size; Weight;	Size; Weight;	Size; Place; Body	Size; Place; Body	Interpretatio
		Place; Body	Place; Body	Awareness; Level;	Awareness; Level;	n of how a
		Awareness; Level;	Awareness; Level;	Direction; Pathway	Direction; Pathway	bunny and
		Direction; Pathway;	Direction; Pathway;			owl move.
5		Tempo; Level;	Speed; Level;	Speed; Level;	Speed; Level;	
		Direction; Place;	Direction; Place;	Direction; Place;	Direction; Place;	
		Body Awareness;	Body Awareness;	Body Awareness;	Body Awareness;	
		Pathway; Size;	Pathway; Size;	Pathway; Size;	Pathway; Size;	
		Weight	Weight	Weight	Weight	
6		Tempo; Level;	Speed; Level;	Speed; Level;	Speed; Level;	Tempo of
		Direction; Place;	Direction; Place;	Direction; Place;	Direction; Place;	Music &
		Body Awareness;	Body Awareness;	Body Awareness;	Body Awareness;	Movement
		Pathway; Size;	Pathway; Size;	Pathway; Size;	Pathway; Size;	
		Weight	Weight	Weight	Weight	
7		Tempo; Level;	Speed; Level;	Speed; Level;	Speed; Level;	
		Direction; Place;	Direction; Place;	Direction; Place;	Direction; Place;	
		Body Awareness;	Body Awareness;	Body Awareness;	Body Awareness;	
		Pathway; Size;	Pathway; Size;	Pathway; Size;	Pathway; Size;	
		Weight	Weight	Weight	Weight	
8		Opposites and	Opposites and	Opposites and	Opposites and	
		Same; Tempo;	Same: Speed;	Same; Speed;	Same; Speed;	
		Level; Direction;	Level; Direction;	Level; Direction;	Level; Direction;	
		Place; Body	Place; Body	Place; Body	Place; Body	
		Awareness;	Awareness;	Awareness;	Awareness;	
		Pathway; Size;	Pathway; Size;	Pathway; Size;	Pathway; Size;	
		Weight	Weight	Weight	Weight	
9		Pathway; Energy;	Pathway; Energy;	Pathway; Energy;	Pathway; Energy;	Place
		Opposites and	Opposites and	Opposites and	Opposites and	
		Same; Tempo;	Same; Tempo;	Same; Tempo;	Same; Tempo;	
		Level; Direction;	Level; Direction;	Level; Direction;	Level; Direction;	
		Place; Body	Place; Body	Place; Body	Place; Body	
		Awareness; Size;	Awareness; Size;	Awareness; Size;	Awareness; Size;	
		Weight	Weight	Weight	Weight	
10		Pathway; Energy;	Pathway; Energy;	Pathway; Energy;	Pathway; Energy;	Pathway
		Opposites and	Opposites and	Opposites and	Opposites and	
		Same; Tempo;	Same; Tempo;	Same; Tempo;	Same; Tempo;	
		Level; Direction;	Level; Direction;	Level; Direction;	Level; Direction;	
		Place; Body	Place; Body	Place; Body	Place; Body	

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20	Body Parts;	Body Parts;	Body Parts;	Body Parts;	Body Parts
20	Balance; Flow;	Balance; Flow;	Balance; Flow;	Balance; Flow;	and Balance
	Weight; Energy;	Weight; Energy;	Weight; Energy;	Weight; Energy;	
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21	Body Parts;	Body Parts;	Body Parts;	Body Parts;	Focus -
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	Direction;	Direction;	Direction;	Direction;	
	Opposites and Same; Level; Place:				
22	Body Parts;	Body Parts;	Body Parts;	Body Parts;	Focus -
22	Balance; Flow;	Balance; Flow;	Balance; Flow;	Balance; Flow;	Single and
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	Opposites and	Opposites and	Opposites and	Opposites and	while
	Same; Level; Place:	Same; Level; Place:	Same; Level; Place:	Same; Level; Place:	Traveling in
					Space
23	Body Parts;	Body Parts;	Body Parts;	Body Parts;	Focus -
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24	Body Parts;	Body Parts;	Body Parts;	Body Parts;	Focus -
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	Direction;	Direction;	Direction;	Direction;	to Others
	Opposites and	Opposites and	Opposites and	Opposites and	while
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25	Body Shapes;	Body Shapes;	Body Shapes; Body	Body Shapes; Body	Space Body
25	Body Parts;	Body Parts;	Parts; Balance;	Parts; Balance;	Shapes and
	Balance; Flow;	Balance; Flow;	Flow; Weight;	Flow; Weight;	Rhythm
	Weight; Energy;	Weight; Energy;	Energy; Size;	Energy; Size;	,
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26	Body Shapes;	Body Shapes;	Body Shapes;	Body Shapes;	Body
	Body Parts;	Body Parts;	Body Parts;	Body Parts;	Shapes and
	Balance; Flow;	Balance; Flow;	Balance; Flow;	Balance; Flow;	Rhythm
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27	Body Shapes;	Body Shapes;	Body Shapes;	Body Shapes;	Body
	Body Parts;	Body Parts;	Body Parts;	Body Parts;	Shapes and
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	Opposites and	Opposites and	Opposites and	Opposites and	
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29	Review of	Review of	Review of	Review of	Review of all
	Concepts	Concepts	Concepts	Concepts	concepts
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	Shapes; Body	Shapes; Body	Shapes; Body	Shapes; Body	year
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	Flow; Weight;	Flow; Weight;	Flow; Weight;	Flow; Weight;	
	Energy; Size;	Energy; Size;	Energy; Size;	Energy; Size;	
	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	
	Opposite and	Opposite and	Opposite and	Opposite and	
	Same; Level; Place	Same; Level; Place	Same; Level; Place	Same; Level; Place	
30	Review of Concepts	Review of Concepts	Review of Concepts	Review of Concepts	Review of all
	Previously Learned;	Previously Learned;	Previously Learned;	Previously Learned;	concepts
	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	learned
	Parts; Balance;	Parts; Balance;	Parts; Balance;	Parts; Balance;	during the
	Flow; Weight;	Flow; Weight;	Flow; Weight;	Flow; Weight;	year
	Energy; Size;	Energy; Size;	Energy; Size;	Energy; Size;	
	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	
	Opposite and	Opposite and	Opposite and	Opposite and	
	Same; Level; Place	Same; Level; Place	Same; Level; Place	Same; Level; Place	
31	Review of Concepts	Review of Concepts	Review of Concepts	Review of Concepts	Review of all
	Previously Learned;	Previously Learned;	Previously Learned;	Previously Learned;	concepts
	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	learned
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	Flow; Weight;	Flow; Weight;	Flow; Weight;	Flow; Weight;	year
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	Opposite and	Opposite and	Opposite and	Opposite and	
	Same; Level; Place	Same; Level; Place	Same; Level; Place	Same; Level; Place	
32	Review of Concepts	Review of Concepts	Review of Concepts	Review of Concepts	Review of all
	Previously Learned;	Previously Learned;	Previously Learned;	Previously Learned;	concepts
	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	learned
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	Flow; Weight;	Flow; Weight;	Flow; Weight;	Flow; Weight;	year
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	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	
	Opposite and	Opposite and	Opposite and	Opposite and	
	Same; Level; Place	Same; Level; Place	Same; Level; Place	Same; Level; Place	
33	Moving on a	Moving on a	Moving on a	Moving on a	Review of all
	Stage; Review of	Stage; Review of	Stage; Review of	Stage; Review of	concepts
	Concepts	Concepts	Concepts	Concepts	learned
	Previously Learned;	Previously Learned;	Previously Learned;	Previously Learned;	during the
	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	year
	Parts; Balance;	Parts; Balance;	Parts; Balance;	Parts; Balance;	
	Flow; Weight;	Flow; Weight;	Flow; Weight;	Flow; Weight;	
	Energy; Size;	Energy; Size;	Energy; Size;	Energy; Size;	
	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	
	Opposite and	Opposite and	Opposite and	Opposite and	
	Same; Level; Place	Same; Level; Place	Same; Level; Place	Same; Level; Place	
34	Moving on a Stage;	Performance			
	Review of Concepts	Review of Concepts	Review of Concepts	Review of Concepts	Choreography
	Previously Learned;	Previously Learned;	Previously Learned;	Previously Learned;	
	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	
	Parts; Balance;	Parts; Balance;	Parts; Balance;	Parts; Balance;	
	Flow; Weight;	Flow; Weight;	Flow; Weight;	Flow; Weight;	
	Energy; Size;	Energy; Size;	Energy; Size;	Energy; Size;	
	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	

	Opposite and Same; Level; Place	Opposite and Same; Level; Place	Opposite and Same; Level; Place	Opposite and Same; Level; Place	
35	Moving on a Stage;	Moving on a Stage;	Moving on a Stage;	Moving on a Stage;	Performance
33	Review of Concepts	Review of Concepts	Review of Concepts	Review of Concepts	Choreography
	Previously Learned;	Previously Learned;	Previously Learned;	Previously Learned;	,
	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	
	Parts; Balance;	Parts; Balance;	Parts; Balance;	Parts; Balance;	
	Flow; Weight;	Flow; Weight;	Flow; Weight;	Flow; Weight;	
	Energy; Size;	Energy; Size;	Energy; Size;	Energy; Size;	
	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	
	Opposite and	Opposite and	Opposite and	Opposite and	
	Same; Level; Place	Same; Level; Place	Same; Level; Place	Same; Level; Place	D (
36	Moving on a Stage;	Moving on a Stage;	Moving on a Stage;	Moving on a Stage;	Performance
	Review of Concepts	Review of Concepts	Review of Concepts	Review of Concepts	Choreography
	Previously Learned;	Previously Learned;	Previously Learned;	Previously Learned;	
	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	
	Parts; Balance;	Parts; Balance;	Parts; Balance;	Parts; Balance;	
	Flow; Weight;	Flow; Weight;	Flow; Weight;	Flow; Weight;	
	Energy; Size;	Energy; Size;	Energy; Size;	Energy; Size;	
	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	
	Opposite and	Opposite and	Opposite and	Opposite and	
	Same; Level; Place	Same; Level; Place	Same; Level; Place	Same; Level; Place	
37	Moving on a Stage;	Moving on a Stage;	Moving on a Stage;	Moving on a Stage;	Performance
	Review of Concepts	Review of Concepts	Review of Concepts	Review of Concepts	Choreography
	Previously Learned;	Previously Learned;	Previously Learned;	Previously Learned;	
	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	
	Parts; Balance;	Parts; Balance;	Parts; Balance;	Parts; Balance;	
	Flow; Weight;	Flow; Weight;	Flow; Weight;	Flow; Weight;	
	Energy; Size;	Energy; Size;	Energy; Size;	Energy; Size;	
	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	
	Opposite and	Opposite and	Opposite and	Opposite and	
	Same; Level; Place	Same; Level; Place	Same; Level; Place	Same; Level; Place	
38	Moving on a Stage;	Moving on a Stage;	Moving on a Stage;	Moving on a Stage;	Performance
36	Review of Concepts	Review of Concepts	Review of Concepts	Review of Concepts	Choreography
	Previously Learned;	Previously Learned;	Previously Learned;	Previously Learned;	,
	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	
	Parts; Balance;	Parts; Balance;	Parts; Balance;	Parts; Balance;	
	Flow; Weight;	Flow; Weight;	Flow; Weight;	Flow; Weight;	
	, ,			, , ,	
	Energy; Size;	Energy; Size;	Energy; Size;	Energy; Size;	
	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	
	Opposite and	Opposite and	Opposite and	Opposite and	
	Same; Level; Place	Same; Level; Place	Same; Level; Place	Same; Level; Place	Donform
39	Moving on a Stage;	Moving on a Stage;	Moving on a Stage;	Moving on a Stage;	Performance
	Review of Concepts	Review of Concepts	Review of Concepts	Review of Concepts	Choreography
	Previously Learned;	Previously Learned;	Previously Learned;	Previously Learned;	
	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	
	Parts; Balance;	Parts; Balance;	Parts; Balance;	Parts; Balance;	
	Flow; Weight;	Flow; Weight;	Flow; Weight;	Flow; Weight;	
	Energy; Size;	Energy; Size;	Energy; Size;	Energy; Size;	
	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	Pathway; Direction;	
	Opposite and	Opposite and	Opposite and	Opposite and	
	Same; Level; Place	Same; Level; Place	Same; Level; Place	Same; Level; Place	
	Moving on a Stage;	Moving on a Stage;	Moving on a Stage;	Moving on a Stage;	Performance
40		Review of Concepts	Review of Concepts	Review of Concepts	Choreography
40	Review of Concepts	Trotton of College			
40	•		Previously Learned:	Previously Learned:	
40	Previously Learned;	Previously Learned;	Previously Learned; Body Shapes: Body	Previously Learned; Body Shapes: Body	
40	Previously Learned; Body Shapes; Body	Previously Learned; Body Shapes; Body	Body Shapes; Body	Body Shapes; Body	
40	Previously Learned; Body Shapes; Body Parts; Balance;	Previously Learned; Body Shapes; Body Parts; Balance;	Body Shapes; Body Parts; Balance;	Body Shapes; Body Parts; Balance;	
40	Previously Learned; Body Shapes; Body Parts; Balance; Flow; Weight;	Previously Learned; Body Shapes; Body Parts; Balance; Flow; Weight;	Body Shapes; Body Parts; Balance; Flow; Weight;	Body Shapes; Body Parts; Balance; Flow; Weight;	
40	Previously Learned; Body Shapes; Body Parts; Balance; Flow; Weight; Energy; Size;	Previously Learned; Body Shapes; Body Parts; Balance; Flow; Weight; Energy; Size;	Body Shapes; Body Parts; Balance; Flow; Weight; Energy; Size;	Body Shapes; Body Parts; Balance; Flow; Weight; Energy; Size;	
40	Previously Learned; Body Shapes; Body Parts; Balance; Flow; Weight;	Previously Learned; Body Shapes; Body Parts; Balance; Flow; Weight;	Body Shapes; Body Parts; Balance; Flow; Weight;	Body Shapes; Body Parts; Balance; Flow; Weight;	