



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

