

PROPS FOR SKILLBUILDING

WHAT MAKES A LEAP 'N LEARN EXERCISE?

Conceptual Learning – Laban

Space – where the body moves

- Area – General, Personal
- Directions – Forward, Backward, Sideward, Up, Down
- Levels – High, Medium, Low
- Pathways – Straight, Curved, Zigzag, Angular, Twisted
- Extension – Large/far, Small/near

Effort – how the body moves

- Time – Sudden/fast/acceleration, Sustained/slow/deceleration
- Weight – Strong/firm, Light/fine
- Space – Straight/direct, Flexible/indirect
- Flow – Free/ongoing, Bound/stoppable

Relationships – with whom or what the body is relating as it moves

- Body parts to each other – in front of/alongside/behind, far from/near to, above/below, meet/part, over/under
- Individuals and Groups – in front of/alongside/behind, far from/near to, above/below, lead/follow, around/between/through, toward/away, over/under, match/mirror/copy/contrast, unison/canon

Miscellaneous

- Music – sound/rhythm, listening/creating own music
- Theme – stories/theme/art/educational/color recognition

Skill development

- Bending versus stretching
- Balancing
- Shifting Weight
- Locomotor Movement
- Non-locomotor Movement
- Quality of Movement
- Determining Right/Left (when ready)
- Terminology

Incorporating concepts and skills into exercises

What makes a Leap 'N Learn-approved exercise?

Is the exercise developmentally appropriate?

Does the exercise teach something?

Is the exercise cumulative (progressive) & adaptable?

Does the exercise include different modalities?

Is the exercise engaging for students?

If it is a creative movement exercise, does it enable decision-making?

Exercise Name:

What developmental areas does it target and is it developmentally appropriate?

Physical

Cognitive

Social & Emotional

What will students learn?

Is the exercise cumulative? How is it adapted for different levels and needs?

Regressions

Progressions

When will it progress?

How are different modes adopted?

Visual

Tactile

Auditory

Kinaesthetic

How can pretend play be incorporated into the exercise?

Theme 1

Theme 2

Theme 3

How does it enable decision-making?