Movement Ideas for Teaching Kindergarten
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General Movement Concepts
- Locomotor skills
  - Walk
  - Run/Jog
  - Skip
  - Gallop
  - Slide
- Body control
  - Stop/start
  - Ready position
- Levels
  - High
  - Medium
  - Low
- Pathways
  - Straight
  - Curved
  - Zig-Zag

Manipulative Skills
- Tossing & catching
- Striking
  - Hands
  - Objects
- Hand/eye coordination
- Foot/eye coordination

Balance
- Static
- Moving
- Single body parts
- Multiple body parts
Strength
- Body weight
- Weight transfer
- Weight bearing

Aerobic Endurance
- Increased heart rate
- Exertion

Movement Activities
- Crazy Cones
- Cross Over
- Follow Your Partner
- Hoop Warm-up
- Imaginary Rope Jumping
- Shuttle Transfer
- Beanbag Hunt
- Hoop Ball
- Toss Up