





**I am *moving*** A Proactive Approach for Addressing Childhood Obesity in Head Start Children

**I am *learning***

**Body Language**  
A Movement Vocabulary for Young Children

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**Tell Your Muscles What To Do**




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**Movement Milestones in Early Childhood**




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## Preschool Children Should Develop a Comprehensive Movement Awareness



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## PEKAP Model



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## IMIL Summary Sentence



"I am learning to be **CHOOSY**  
about **what** my body does;  
**how** and **where** my body  
moves; how **my body relates**  
to myself, other movers,  
and objects; and **about** healthy  
eating and drinking."



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## Intentional Facilitation and Planning

- MVPA for Quantity
- Skill Practice for Quality



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## Action Awareness

(Action Awareness) "I am learning WHAT my body does."

### Traveling Actions

Walking Jumping Marching  
Running Hopping Crawling  
Sliding Leaping Skipping  
Galloping Climbing



### Stabilizing Actions

Twisting Standing Pushing  
Turning Balancing Pulling  
Bending Landing Dodging  
Shaking Stretching Swinging  
Swaying Sitting Curling  
Squatting Kneeling



### Manipulating Actions

Throwing Rolling  
Catching Trapping  
Kicking Bouncing  
Striking Tossing  
Opening Closing  
Object Handling



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## Action Awareness

(Action Awareness) "I am learning WHAT my body does."

### Stabilizing Actions

**SWAY** *Not moving at the bottom,  
but moving at the top*



**SWING** *Not moving at the top,  
but moving at the bottom*



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# Action Awareness

(Action Awareness) "I am learning WHAT my body does."

## Traveling Actions

**JUMP** *Blasting off with two feet and landing on two feet*



**HOP** *Blasting off on one foot and landing on the same foot*



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# Action Awareness


(Action Awareness) "I am learning WHAT my body does."

## Traveling Actions

**GALLOP** *Step, chase...step, chase*



**SLIDE** *Step, chase...step, chase (sideways)*



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# Action Awareness


(Action Awareness) "I am learning WHAT my body does."



## Traveling Actions

Most difficult traveling action? **SKIP**



*Step, Hop...Step, Hop*



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# Effort Awareness

(Effort Awareness) "I am learning HOW my body moves."

TIME		FORCE		
<u>Speeds</u>	<u>Rhythm</u>	<u>Degrees of Force</u>	<u>Creating Force</u>	<u>Absorbing Force</u>
Slow	Beats	Strong	Starting (Go)	Stopping
Medium	Cadence	Medium	Sustained	Receiving
Fast	Patterns	Light	Explosive	
Speeding up		Gradual		
Slowing down				
<u>CONTROL</u>				
<u>Weight Transfer</u>	<u>Dimensions</u>			
Rocking	Single movements			
Stepping	Movement combinations			
Rolling	Transitions			
Flight				



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# Effort Awareness

(Effort Awareness) "I am learning HOW my body moves."

TIME	
<u>Speeds</u>	<u>Rhythm</u>
Slow	Beats
Medium	Cadence
Fast	Patterns
Speeding up	
Slowing down	



TIME



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# Effort Awareness

(Effort Awareness) "I am learning HOW my body moves."

FORCE

FORCE		
<u>Degrees of Force</u>	<u>Creating Force</u>	<u>Absorbing Force</u>
Strong	Starting (Go)	Stopping
Medium	Sustained	Receiving
Light	Explosive	
Gradual		



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# Effort Awareness

(Effort Awareness) "I am learning HOW my body moves."

## MOVEMENT COMBINATIONS

CONTROL	
<u>Weight Transfer</u>	<u>Dimensions</u>
Rocking	Single movements
Stepping	Movement combinations
Rolling	Transitions
Flight	



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# Effort Awareness

(Effort Awareness) "I am learning HOW my body moves."

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Slow	Beats	Strong	Starting (Go)	Stopping
Medium	Cadence	Medium	Sustained	Receiving
Fast	Patterns	Light	Explosive	
Speeding up		Gradual		
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CONTROL	
<u>Weight Transfer</u>	<u>Dimensions</u>
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# Space Awareness

(Space Awareness) "I am learning WHERE my body moves."

Categories

Self space

Shared space


Directions

Up      Right

Down    Left

Forward    Sideways

Backward



Levels

High

Medium


Low

Pathways

Straight

Curved

Zigzag



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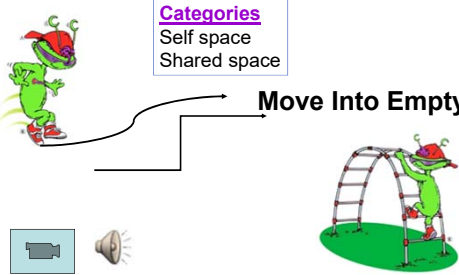
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# Space Awareness

(Space Awareness) "I am learning WHERE my body moves."

**Categories**  
Self space  
Shared space

**Move Into Empty Spaces**



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# Relational Awareness

(Relational Awareness) "I am learning about the RELATIONSHIPS my body creates WITH myself, other movers, and objects."

<p><b>Body Parts</b></p> <p>Head Arms Ankles Neck Waist Toes Ears Chest Elbow Eyes Wrist Shoulder Nose Hips Hand Leg Fingers Stomach Knee Bottom Like Back Foot Unlike</p>	<p><b>Body Shapes</b></p> <p>Big Small Curved Straight Wide Thin Twisted Triangle Rectangle Circle Square</p>	<p><b>Roles</b></p> <p>Leading Following Mirroring Unison Taking turns Solo Partner Group</p>	<p><b>Associations</b></p> <p>Letters Numbers Colors Hand signs Pretense</p>
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**Locations**

Near to — Far from  
Over — Under  
In front — Behind  
On — Off  
Together — Apart  
Facing — Side by side  
Around — Through  
In — Out  
Top — Bottom



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## Categories of Movement Awareness



Action Awareness

Effort Awareness

Space Awareness

Relational Awareness

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