



KidBuilders' "Move On to Smooth Transitions"

KidBuilders is a comprehensive, year-long motor skills program written by Marilyn Bitsis and Margaret Schafer. It is designed to meet the needs of the motor skills teacher of young children. **KidBuilders workshops** can be customized to meet the needs of its audience—from sampler settings to 12-hour continuing education workshops. **KidBuilders** staff can train *your* motor skills teacher. If you are interested in learning more about the complete KidBuilders curriculum, please contact Marilyn Bitsis at (713) 306-9875, or Margaret Schafer at (404)-625-8152.

Move On to Smooth Transitions presentation for Preschool and Kindergarten is just a small sampling of our sequential skills, activities, suggested songs and equipment and how they can be used in classroom management. Today's session is prepared especially for participants in the Presbyterian Weekday Workshop 2016, who teach preschool and kindergarten children ages **three to six** years old.

Motor Skills and Transitions

Do you utilize Transitions? Which ones work best for you? Let's face it, the only one that likes change is a baby. However, transitions are necessary in all areas of life. What is a transition? How can we make them easier and less stressful? We suggest using movement. Realizing the importance of motor development to later learning, these are fourteen basic skills, or essentials, you can work on during the school year and even use as alternatives to "Transitions". While the basics remain constant, the variety and creativity you add make them into essentials of preschool motor development. The following is a list of basic skill areas we believe are essential to healthy gross motor development. We have added some suggestions of classroom management activities and songs for creating self-control and easing transitions.

Basic Skill #1: Non-Locomotor Movement

- Various body movements while remaining stationary-no locomotion. The body stays in one place.
 - *Stretch, twist, roll shoulders, bend knees, jump in place*
 - *Responsive Rhythm Clapping to get the class' attention and prepare for the next transition.*

Basic Skill #2: Locomotor Movement

- Basic body movements used to transport one's body from one place to another.
 - *Walk, run, hop, jump, bear walk, crawl, walk backwards*
 - *Giraffe tip toe walk to line up, as they come to circle, etc.*

Basic Skill #3: Bilateral Movement

- Movement using both sides of the body simultaneously or in parallel movement.
 - *Bear walk, crab walk, jump*
 - *Elephant walk while picking up toys.*

Basic skill #4: Lateral (side) rolling

- Movement in both directions from back to front to back again while lying flat.
 - *Log rolls on a mat, roll down a hill or other incline*
 - *Lateral roll against the wall (when and where appropriate)*

Basic Skill #5: Body Image/Body Awareness

- The concept and knowledge of one's body and its parts; the structure of body parts, their movement and functions, and the position in relation to one another and other objects.
 - *"Head, Shoulders, Knees & Toes" song, Body Parts Squares game*
 - *"If you can hear my voice, touch your nose (head, walk with your hands on your knees, shoulders, etc.)"*

Basic Skill #6: Balance

- The ability to gain and maintain a body position against the force of gravity by working the muscles to keep the body on its base.
 - **Dynamic Balance:** Balance during locomotion
 - *Walking on the balance beam*
 - *Heel-toe walk with arms out for balance*

Skill #7: Jumping/hopping

- To spring free from the ground or other base by the muscular action of feet and legs (jumping) or one leg and foot (hopping).
 - *Kangaroo jumps as part of animal imitation; jumping from a low step or jump box, hopscotch; hopping on one foot to line up.*
 - *Kangaroo jump down the hall, to line up (or wherever appropriate)*

Basic Skill #8: Directionality

- The projection of one's self in space and the understanding and knowledge of the direction (behind, in front-of, up, down, over, under) needed to achieve the desired movement.
 - *Obstacle course, scooters around cones in a pattern*
 - *Walk backwards*

Skill #9: Push/Pull

- **Push:** To press against with force
 - Line the children up against the wall and tell them to push as hard as they can with different body parts.
 - Have the individual child push against the palms of their hands as they walk
- **Pull:** To exert force upon so as to cause motion toward the force.
 - Sit in a circle with a large piece of stretch fabric and have the children pull back and forth.
 - Have each child pull on a stretchy streamer or piece of stretch fabric, counting the pulls as they walk.

Basic Skill #10: Unilateral Movement

- Movement using and isolating only one side of the body.
 - *One-sided angel, hop on one foot*
 - *With one hand behind the back, have each child pick up toys with only one hand.*

Basic Skill #11: Tracking (Ocular Pursuit)

- The ability of the eyes to follow a moving object
 - *"Follow the Scarf" game, Bubbles*
 - *Shine a flashlight on the floor (back & forth) so the children follow it with their eyes. When the beam stops moving in front of a child, that child can go line up, go sit at the table, etc.*

Basic Skill #12: Eye-Hand Coordination

- Use of the eyes and hands together to accomplish a skill
 - *Bounce-catch (two-handed catch) a ball*
 - *Toss a sock ball to each child to catch and return as they line up, come to circle, go to centers, etc.*

Basic Skill #13: Eye-Foot Coordination

- Use of the eyes and foot or feet together to accomplish a skill
 - *Standing or walking kick of a ball or kicking jug*
 - *Walk with a ball between their ankles or knees as they finish recess or leave the playground.*

Basic Skill #14: Cross-Lateral Movement

- Movement when both sides of the body are working in opposition to one another (walking with left foot forward and right arm forward), or crossing the mid-line of the body (right foot crosses over the left to step).
 - *Zigzag walk over rope or on a grid*
 - *Cross-step or zigzag walk down the hall*