**Basic Movement Patterns:**

**The Foundation for Fundamental Movement Skills**

The Basic Movement Patterns are building blocks. Once they are learned they can be combined to become the more complex skills used in settings such as those found in games, sports, dance and gymnastics.

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| **Basic Movement Pattern** | **Fundamental****Movement Skills** |
| Sending | ThrowingStriking |
| Receiving | CatchingCollecting |
| Accompanying | DribblingCarrying |
| Evading | DodgingFakingScreening |
| Locomotion | Displacement of the body from one place to another |
| Landings | On feetOn handsWhile rotating |
| Statics | BalancesSupportsHangs |
| Swings | From supportsFrom hangs |
| Rotations | About the axes of the body:* Longitudinal
* Medial
* Lateral
 |
| Springs | From armsFrom legs |

**Basic Movement Pattern Cues: Quick Glance**

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| **BMP** | **Beginner (Body)** | **Intermediate (Space)** | **Advanced (Force)** |
| **Sending** | Body alignment (base of support)Center of gravityVisual contactPoint of release/contactLimbs in opposition | Weight transferPre-stretch/wind-upRange of motionLength of pre-stretch and follow through | Clearing hipsMotion/movement adjustment because of velocityAction of non-throwing or striking arm |
| **Receiving** | Visual TrackingTarget presentedAbsorptionControl | Range of absorptionHand-eye coordinationFlight pathway interception pointDirection of body alignment (base of support) | Setting up for next moveVelocity of motionCenter of gravity |
| **Accompanying** | ControlVisual contactBalanceAbsorption | Visual fieldProtection of game objectVelocity (coordination of body and game object) | Adjustment to external variablesPattern variationMisdirection/faking |
| **Evading** | Balance maintained by upper bodyVisual contactCoordinationCenter of gravityDistribution of body weight | Change of direction(initiated by foot plant)Push offAnticipation | FakingReaction timePeripheral visionKinesthetic awareness |
| **Locomotion** | Foot strike patternsLimbs in oppositionDirection of body alignmentCenter of gravity | PropulsionChange of directionMethods of locomotion(developmental movement patterns)Generating velocity | All body partsControlling velocityCombination of movement patterns |
| **Landings** | Base of supportCenter of gravity | Absorption of body force/force vectorsBody alignment (base of support)Pre-stretch (preparation for spring) | Altering base of supportVisual imageryIsometric connection |
| **Statics** | Center of gravity in relation to base of supportCoordinationSpatial awarenessDirectional forces/force vectors | Kinesthetic awareness(especially in inversion)Mental preparationConcentration | Altering base of supportVisual imageryIsometric contraction |
| **Swings** | Directional forces/force vectorsCenter of gravityBody ControlSpatial Awareness | PathwaysGenerating velocity | Controlling velocityAdjusting or controlling directional forces/force vectors |
| **Rotations** | Center of gravityLimbs in motionMaintaining equilibrium | Directional forces/force vectorsApproach velocity | Summation of forcesVarious axes |
| **Springs** | Body alignmentCenter of gravityPre-StretchRelease | Coordinating limb movement to generate forceRange of motionGenerating velocityControlling directional forces/force vectors | Efficiently changing from one force vector to anotherControlling velocityOptimal anglesInfluence of body parts to change momentum within a force vector |