**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 | Throwing  Striking |
| Receiving | Catching  Collecting |
| Accompanying | Dribbling  Carrying |
| Evading | Dodging  Faking  Screening |
| Locomotion | Displacement of the body from one place to another |
| Landings | On feet  On hands  While rotating |
| Statics | Balances  Supports  Hangs |
| Swings | From supports  From hangs |
| Rotations | About the axes of the body:   * Longitudinal * Medial * Lateral |
| Springs | From arms  From 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 gravity  Visual contact  Point of release/contact  Limbs in opposition | Weight transfer  Pre-stretch/wind-up  Range of motion  Length of pre-stretch and follow through | Clearing hips  Motion/movement adjustment because of velocity  Action of non-throwing or striking arm |
| **Receiving** | Visual Tracking  Target presented  Absorption  Control | Range of absorption  Hand-eye coordination  Flight pathway interception point  Direction of body alignment (base of support) | Setting up for next move  Velocity of motion  Center of gravity |
| **Accompanying** | Control  Visual contact  Balance  Absorption | Visual field  Protection of game object  Velocity (coordination of body and game object) | Adjustment to external variables  Pattern variation  Misdirection/faking |
| **Evading** | Balance maintained by upper body  Visual contact  Coordination  Center of gravity  Distribution of body weight | Change of direction  (initiated by foot plant)  Push off  Anticipation | Faking  Reaction time  Peripheral vision  Kinesthetic awareness |
| **Locomotion** | Foot strike patterns  Limbs in opposition  Direction of body alignment  Center of gravity | Propulsion  Change of direction  Methods of locomotion  (developmental movement patterns)  Generating velocity | All body parts  Controlling velocity  Combination of movement patterns |
| **Landings** | Base of support  Center of gravity | Absorption of body force/force vectors  Body alignment (base of support)  Pre-stretch (preparation for spring) | Altering base of support  Visual imagery  Isometric connection |
| **Statics** | Center of gravity in relation to base of support  Coordination  Spatial awareness  Directional forces/force vectors | Kinesthetic awareness  (especially in inversion)  Mental preparation  Concentration | Altering base of support  Visual imagery  Isometric contraction |
| **Swings** | Directional forces/force vectors  Center of gravity  Body Control  Spatial Awareness | Pathways  Generating velocity | Controlling velocity  Adjusting or controlling directional forces/force vectors |
| **Rotations** | Center of gravity  Limbs in motion  Maintaining equilibrium | Directional forces/force vectors  Approach velocity | Summation of forces  Various axes |
| **Springs** | Body alignment  Center of gravity  Pre-Stretch  Release | Coordinating limb movement to generate force  Range of motion  Generating velocity  Controlling directional forces/force vectors | Efficiently changing from one force vector to another  Controlling velocity  Optimal angles  Influence of body parts to change momentum within a force vector |