

Skills

This is the list of age-appropriate skills, grouped in areas of focus mentioned in the Skills Card.

For visual reference on each of these skills please refer to the Skills videos in in your training area.

All the skills are appropriate for students in each grade (Creative Movers, Pre-Primary and Primary) however development of each skill will progress as students move through the grades and will differ from student to student.

Teachers are expected to be observant and adjust expectations according to each individual. For example, whilst skipping and galloping may be skills expected to be achieved when students reach Pre-Primary, a younger student may reach this skill level at an earlier stage.

Focus/Essence	Articulation
Skills	<p>Articulating the spine – differentiation between tilt, twist, and curve, seated, standing, laying position.</p> <p>Opening and closing the body – size, speed, using the whole body or just body parts.</p> <p>Inverting the axis – head and pelvis changing places/shifting alignment.</p> <p>Balancing – a suspension of weight/altering usual relationship to base.</p> <p>Reaching through the body (including functional stretching).</p> <p>Folding</p> <p>Peeling and pressing - articulation through the joints, shifting weight from one side of the body to the other.</p> <p>Facial expressions</p> <p>Bending and stretching – melting and extending, with narrow and wide base.</p>

Focus/Essence	Pathways
<p>Skills</p>	<p>Upper body parallel - reaching, sending energy forwards and awareness of planes in space.</p> <p>Upper body 1st (collecting space in front).</p> <p>Upper body 2nd (sending energy sideways).</p> <p>Upper body 5th (collecting space above).</p> <p>Pathways of the upper limbs – explore the collection of space through the use of movement and co-ordination.</p> <p>Lower body parallel (narrow base).</p> <p>Lower body 1st (widen the base, possible using outward/external rotation).</p> <p>Lower body 2nd (create the widest base, possibly using outward/external rotation).</p> <p>Flexing and pointing</p> <p>Parallel brushes - sweep/brush movement maintaining the direction of action in relation to the body.</p> <p>Circling (in the body, in the space, on an axis).</p>
<p>Development</p>	<p>Lower body – when talking about articulation if we can differentiate whether this is functional and aesthetic.</p> <p>Movement drivers being articulated.</p> <p>How do function and aesthetic happen simultaneously.</p>

Focus/Essence	Surface Work
<p>Skills</p>	<p>Laying</p> <p>Connecting to the surface with body parts</p> <p>Threading</p> <p>Crawling variations – moving on a lower level, cross-body movement that propels the body through space.</p> <p>Melting</p> <p>Peeling</p> <p>Curling into</p> <p>Rocking</p> <p>Rolling/unravelling</p> <p>Into and out of the floor/surface</p> <p>Travelling - Include Sliding.</p> <p>Simple rolls (front to back) - from back surface onto front surface, rotation, peeling and pouring to find softness, pushing from lower limbs and allowing the body to follow.</p>

Focus/Essence	Dynamics
<p>Skills</p>	<p>Flicking/shaking (upper and lower body)</p> <p>Lifting and dropping body parts</p> <p>Marching – A shift from one base to the other, linear in design with possible clear changes of direction, a sense of precision and accuracy and uprightness.</p> <p>Swinging - adding use of the spine to drop the head, at primary level.</p>

Focus/Essence	Shifting in Space
Skills	<p>Moving forwards/backwards/sideways</p> <p>Moving in different rhythms and speeds</p> <p>Moving and stopping</p> <p>Falling – introduce the tipping point of weight.</p> <p>Physically connecting with a partner</p> <p>Leading with different body parts</p> <p>Create rhythms with the body including claps and voice.</p> <p>Moving in time to music</p>
Development	<p>Change direction, add pauses, mirror, copy, repeat, change level, shift intensity/volume, change speed, change size, use props, add sound, use a different body part (these apply to all sections).</p>

Focus/Essence	Elevation
Skills	<p>Bunny hopping - propel using gathering motion, has an essence of rocking to it.</p> <p>Jumping – impulse elevation from wide and narrow base.</p> <p>Springing – bounce with constant changing of base.</p> <p>Hopping – bounce/grounding into one side of the body.</p> <p>Step hopping – alternating hops with more emphasis on the upward motion, these are rhythmically even.</p> <p>Skipping – alternated hops, syncopated in rhythm. A shift and propel through space.</p> <p>Galloping - bounce and travel with more emphasis on the travel, syncopated in rhythm.</p>