

# Levels, Shapes, Directions and Pathways

## Levels

The body can move at various levels during any activity.

- Low** - body is low to the ground; e.g., slithering or rolling.
- Medium** - body is between low and high positions; e.g., crawling and creeping
- High** - body is extended upward or even elevated; e.g., leaping, stretching, cartwheels.

## Shapes

The body can either move or remain still in various shapes.

- Long and thin** - body is stretched out and in an elongated position; e.g., like a pencil
- Wide** - body is stretched out and in all directions utilizing a bigger space; e.g., like a star, or elephant
- Round** - body is curled up with all extensions tucked in; e.g., like a ball, or seed
- Twisted** - body is in a contorted shape with extensions wrapped or twisted around other body parts; e.g., like a pretzel, or double-jointed person, etc.

## Directions

All movement can be done in different directions. Children need to be encouraged to vary these.

- Forward** - moving ahead in the direction a person is facing
- Backward** - moving in the direction behind a person (Care must be taken to watch where they're going.)
- Sideways** - moving either right or left without turning in that direction.

## Pathways

The path that a person takes as they move from one place to another is the pathway. These could be either straight, curved, zigzag or a combination of the three.



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	