



## **KidBuilders’ “Move Over Time-Out—Take a Motor Break” Movement-based alternatives to “Time Out” For Preschool and Kindergarten**

**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.

The *Move Over Time Out* 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 those who teach preschool and kindergarten children ages **three to six** years old.

### **Motor Skills and Time Out**

Do you utilize Time Out in your classroom? How well does it work for you? 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 “Time-Out”. 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 tension.

#### **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*
    - *Blow up your imaginary balloon 3 times*

#### **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*
    - *Gallop to the wall and back*

#### **Basic Skill #3: Bilateral Movement**

- Movement using both sides of the body simultaneously or in parallel movement.
  - *Bear walk, crab walk, jump*
    - *Bear Walk or Sand Crab walk to the wall and back*

#### **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 and back (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*
    - *The STOP Song identifying body parts for each verse; stand and balance a bean bag on a body part.*

#### **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 to the wall and back; Jump off and on a mini board.*
- **Static Balance:** Balance while remaining still
  - *Balance on one foot, "V" sit*
  - *Balance on one foot and count to 10*

### **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 to the wall or in place, count the jumps*

### **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) or position needed to achieve the desired movement.
  - *Obstacle course, scooters around cones in a pattern*
    - *Instruct the child to touch various body parts using position words: on your head, between your knees, behind your back, over your ears, etc.*

### **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 wall using various body parts, counting to 10
- **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 the individual child pull on a stretchy streamer or piece of stretch fabric, counting the pulls.

### **Basic Skill #10: Unilateral Movement**

- Movement using and isolating only one side of the body.
  - *One-sided angel, hop on one foot*
    - *Ask the child to stand and raise & lower one arm and leg (standing one-sided angel), counting to 10.*

### **Basic Skill #11: Tracking (Ocular Pursuit)**

- The ability of the eyes to follow a moving object
  - *"Follow the Scarf" game, Bubbles*
    - *What color are my eyes? Ask this to make eye contact, then ask to follow your finger/pencil*

### **Basic Skill #12: Eye-Hand Coordination**

- Use of the eyes and hands together to accomplish a skill
  - *Bounce-catch (two-handed catch) a ball*
    - *Throw a pretend ball at the wall*

### **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*
    - *Kick a pretend ball; squeeze a ball between the feet or knees*

### **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 arms to hold each ear, cross legs, stand or small knee bends 5-7 times*