

Dear Family,

In my class today, I explored movement activities with a hoop while moving safely through my self-space and through group space.

Did You Know?

- Children develop many skills between ages 3 and 5. Movement skills use the arms, legs, hands, feet, head, and trunk. These skills are important to practice. They are the basic foundation for harder skills. More difficult skills are used in sports and other activities.
- Children need to learn to control their bodies. This helps them think about the space around them. The activity we did in school is creative movement. It introduced children to moving through their own self-space. This kind of activity helps with problem solving. The children needed to think. They had to plan how to do the activity as they moved through the group space safely.

Ask Your Child:

- Describe the different types of movement you performed using your hoop.
- Describe self-space.
- Explain group space.
- Tell me what parts of the body you used for your different movement activities.

Activities To Do With Your Child:

- Choose a book to read together such as *Giraffes Can't Dance* by Giles Andreae and Guy Parker-Rees or *The Magic Hat* by Mem Fox and Tricia Tusa. Encourage your child to create movements that go with the story. Move together like the animals in the stories, or make up your own movements and dance together!
- Choose some favorite music, and make up a dance together. You can call out the different dance steps as you perform together or call out a different part of the body and a movement to go with it.

Vocabulary To Use With Your Child:

- **self-space** – the area of personal use immediately around a person's body.
- **group space** – the area for particular use by a set of people.
- **freeze** – to stop or cease movement.
- **movement** – a motion or way of moving.
- **non-locomotor** – movement of one or more body parts without moving from one place to another. For example, swaying, bending, and twisting are non-locomotor movements.
- **locomotor movements** – movements that cause a person to travel from one place to another. For example, walking, galloping, and tiptoeing are locomotor movements.