

## **Themes & Movement Emphasis for 2003 Winter CMP**

### **1&2**

Week 1 Theme: Outer Space

- ◆ Movement Emphasis - Safety starting and stopping

Week 2 Theme: Circus

- ◆ Movement Emphasis - Body Parts and Balance

Week 3 Theme: Jungle

- ◆ Movement Emphasis - Body shapes inc. locomotion and balance

Week 4 Theme: Carnival

- ◆ Movement Emphasis - Body parts sending objects

Week 5 Theme: Playground

- ◆ Movement Directions forward backwards up down

Week 6 Theme: Valentine

- ◆ over under on through inc. locomotion and balance

Week 7 Theme: Beach

- ◆ Movement Emphasis - Matching

Week 8 Theme: Fun Week

### **3&4**

Week 1 Theme: Outer Space

- ◆ Movement Emphasis: Safety jump land and roll starting and stopping

Week 2 Theme: Circus

- ◆ Movement Emphasis - Body shapes (wide narrow) inc. locomotion and balance

Week 3: Jungle

- ◆ Levels inc. balance and locomotion

Week 4: Carnival

- ◆ Body Parts sending and receiving objects

Week 5: Playground

- ◆ directions forward backwards sideways up and down

Week 6: Valentine

- ◆ In out through sending and receiving- targets

Week 7 Theme: Beach

- ◆ Movement Emphasis: Negotiating objects inc. locomotion and balance

Week 8: Fun Week

## **5-7 &8-12**

Week 1 Theme: Outer Space

- ◆ Movement Emphasis: Safety jumping landing and rolling

Week 2 Theme: Circus

- ◆ Twisting and turning and symmetry

Week 3: Jungle

- ◆ Pathways and directions (use ropes)

Week 4: Carnival

- ◆ Levels Sending and receiving retaining

Week 5 Theme: Playground

- ◆ Movement Directions: fast and slow locomotion and balance

Week 6: Valentine

- ◆ Fine and firm (send receive and balance)

Week 7: Beach

- ◆ Relationships with a partner (2 of the following: mirroring Copying and matching)

Week 8: Fun Week