

MOVEMENT EDUCATION

SECOND YEAR

Topic-LEVELS

(Low, Medium and High)

The Different Levels

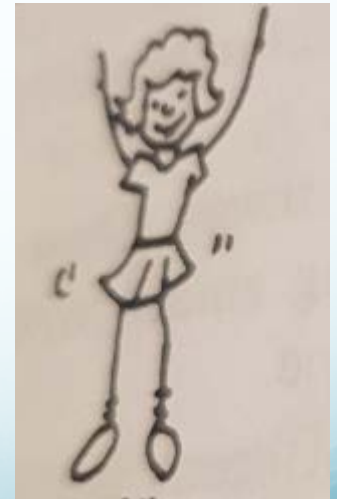
- There are three levels of movement. The three levels are:
- The High Level
- The Medium Level
- The Low Level

The High Level

- Some examples are:
- Stretching to pick a fruit
- Waving your hand above you head
- Jumping

Some animals that move at a high level are:

- Elephants
- A bird flying in the sky



The Medium Level

- Some example are:
- Bunny Hops
- Walking on all fours (Creeping)
- Walking like a bear

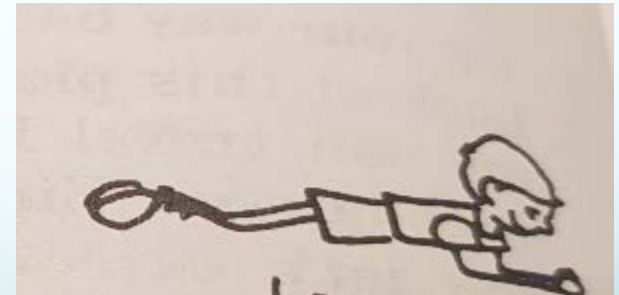


Some animals that move at a medium level are:

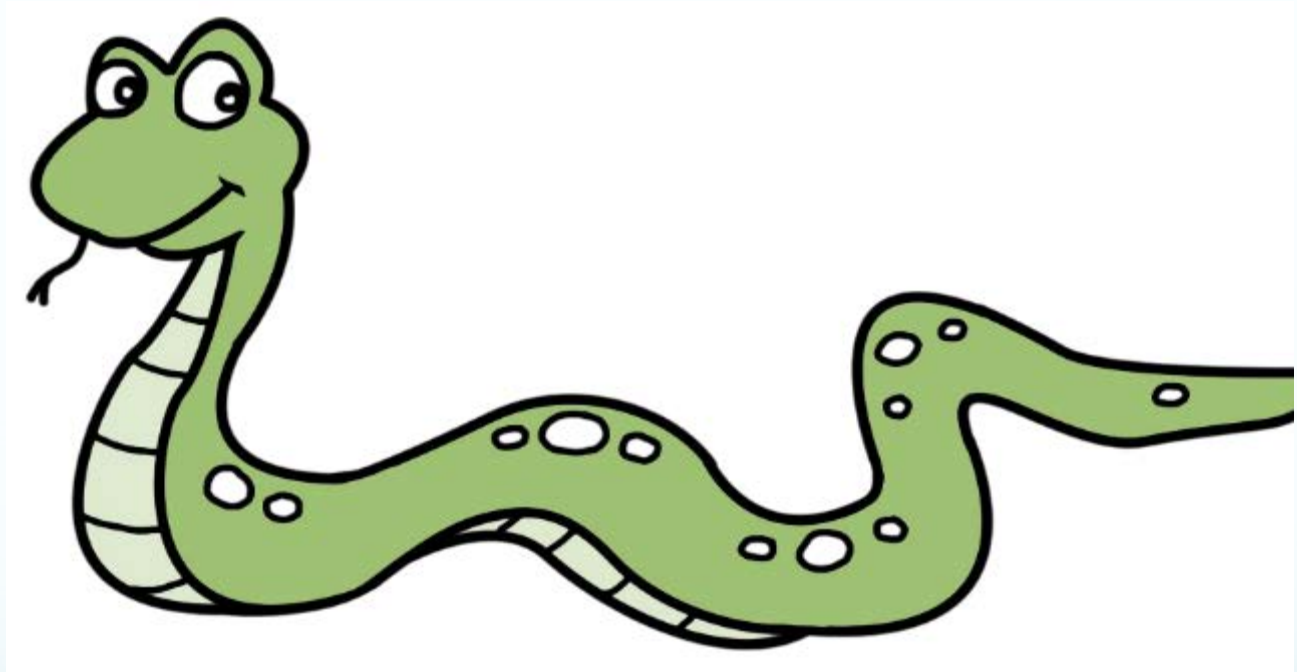
- Dog
- Sheep

The Low Level

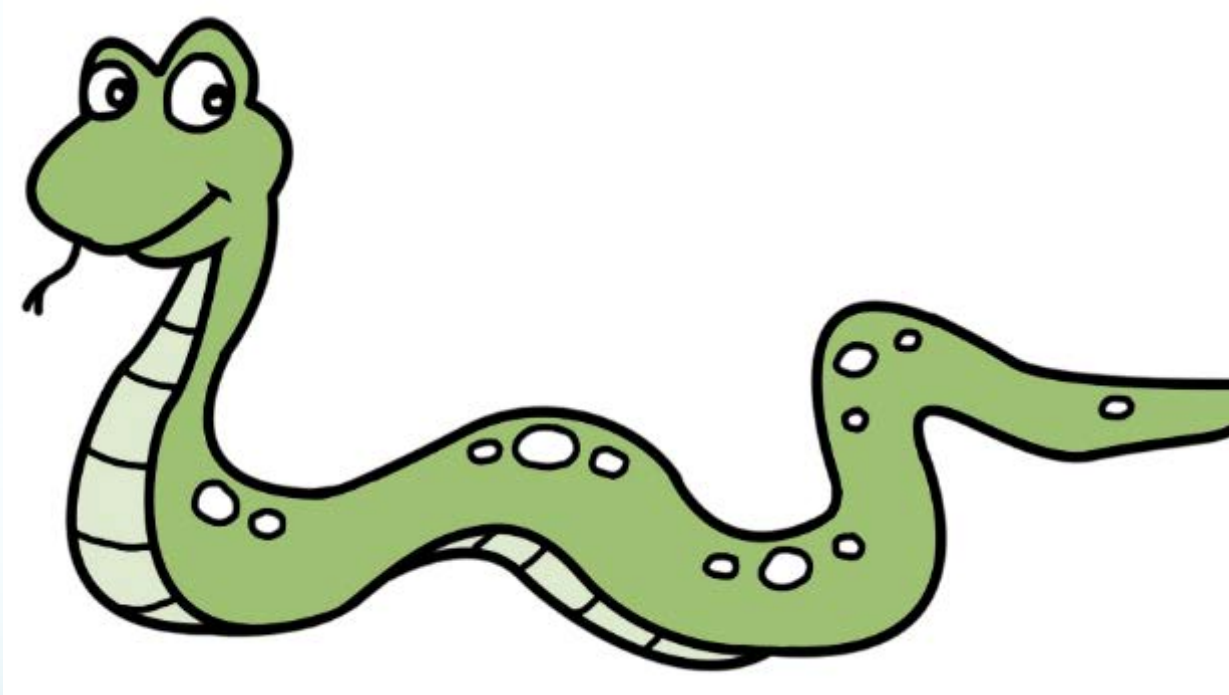
- Some examples are:
- Crawling
- Rolling
- Some animals that move at this level are:
- Alligators
- Turtles



What level am I?



If you said, low level, you
are right!!!!



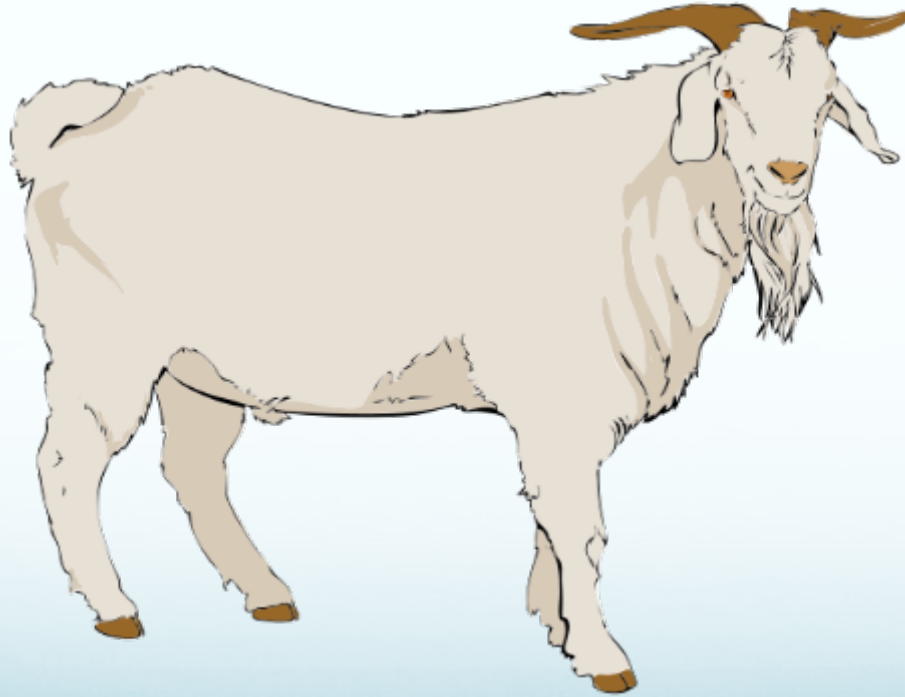
What level am I?



I'm at a high level!!!



What level am I?



I'm at a medium level!!!

