

# MOVEMENT DATABASE: KEY TERMS

## **ANS / Calming**

- The autonomic nervous system is involved in the regulation of anxiety and stress (fight or flight)
- Kids must feel safe to learn
- Creates a comfortable and calm environment for learning

## **Proprioception / Sensory**

- Known as the "position sense."
- Interprets sensory cues from joints, muscles and ligaments to help motor control and planning
- Allows for full integration into all classroom activities
- Helpful for those who have sensory processing disorders, low muscle tone, clumsy bodies, or trouble regulating arousal levels.

## **Core Strength / Posture**

- Sitting still and paying attention require postural control, balance and orientation.
- When a child puts lot of energy into sitting upright, there is little energy left for learning
- Many higher cognitive processes are rooted in systems involved in posture control

## **Spatial / Body Awareness**

- Organized awareness of the objects in the space around us
- Awareness of our body's position in space
- Linked to artistic creativity, success in math, analytical skills and abstract thought
- Helpful for those who struggle with motor planning, personal space and boundaries

## **Laterality / Midline**

- Internal sense of having two sides of the body that work separately and together.
- Laterality also includes the ability to cross the midline of the body
- Problem solving, processing and sequencing
- Helps kids who struggle with reading, writing, and math

## **Tracking**

- Involves "smooth" eye movements that send an orderly flow of information to the brain
- Problems with tracking include loosing place, skipping words, and lack of comprehension
- Tracking warm-ups help to prepare eyes for reading

## **Directionality / Hand Dominance**

- Knowing left from right and developing a dominant hand, foot and eye
- Foundation for recognizing the difference between "b" and "d" or "was" and "saw"
- Essential for placing numbers in columns and aligning words on a page
- Ability to smoothly scan the page from left to right

## **Kinesthetic Awareness / Complex Movement**

- The body's ability to coordinate movement
- The more complex the movement, the more complex synaptic connections
- Creates stronger neuroconnections that can be recruited for problem solving
- Sharpens executive function

## **Endurance / Cardiovascular Fitness**

- Provides brain breaks, energizes and refocuses the brain, improves health and well-being, reduces stress and makes kids learn more efficiently
- Correlation between academic skills and physical fitness scores

## **Social / Emotional**

- Physical activities and sports provide a great learning environment for cultivating problem solving, self-awareness, emotional control, and cooperation
- Emotional well-being is positively predictive of academic achievement