



Pop, Hop & Rock™ Curriculum

Reference

*Skills, Strengths and Motor Movements***Perceptual Motor Skills**

Body Awareness	Knowing where our bodies are in space and in relation to other things.
Directional Awareness	Knowing which direction we are moving.
Spatial Awareness	Knowing how much space our bodies take up.
Temporal Awareness	Recognizing rhythm, patterning, the order in which to execute a task.

Sensory Skills

Auditory Processing	Being able to process sound.
Proprioceptive Development	Being able to recognize force.
Vestibular Development	Knowing whether we are upside down or right side up, balance.
Visual Processing	Being able to process what we see.

Strength

Aerobic Strength	Moving the body so much that the heart rate rises to fuel the cells with more oxygen in order to sustain movement.
Core Strength	Strength associated with the middle of the body.
Grip Strength	Strength associated with the hands.
Lower Body	Strength associated with the lower body, legs.
Upper Body	Strength associated with the arms, chest and shoulders.

Other

Crossing the Midline	Having the appendages move across the center of the body.
Eye-hand	The coordination allowing the eyes to follow the movement of the hands.
Motor Planning	Executive motor skills that require processing through multiple avenues, including visual, auditory, cognitive.
Bilateral Movement	The ability to coordinate the right and left sides of the body to do the same or different movements at the same time.
Balance	Holding the body steady.

The professional development series will deeply examine these skills to draw the connection between the strengths and skills children require and the classroom setting. All of these skills have an impact on social, emotional, behavioral and cognitive success in the classroom.