

# The Story of **Movement**

## April 2026



Our time together in Movement is always a great adventure. For children in preschool, physical activity is more than just "burning off energy"—it is the foundation of cognitive development and spatial awareness. Children move through space and learn the capabilities of their bodies each time they come to the Music and Movement Room.

While “Movement” covers a wide range of gross motor skills, a major focus this year has been the development of balance. **Balance** is a complex skill that requires children to integrate sensory input from their eyes, ears, and bodies to maintain stability.

- Static and Dynamic Balance: We challenge the children to master both "still" balance (standing on one leg like a flamingo) and "moving" balance (navigating a path without falling).
- Core Foundations: To support better balance, we work on "hidden" strength. By doing crab walks and bear crawls, or stretching out long like spaghetti and scrunching up tight like a meatball, the children build the abdominal and back strength necessary to stay upright during tricky tasks.
- One highlight is often the balance beam obstacle course. We transform simple equipment into fantastical places found in their imaginations. Whether they are carefully treading across the **Hot Lava Bridge**, navigating the sugary paths of **Candy Land**, or trekking through the **North Pole**, the children are practicing foot-eye coordination and postural control. Every step on the beam helps them learn how to adjust their weight and use their arms for stability, turning a physical lesson into a high-stakes adventure!