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## ملخص

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.(Gallahue, 1989; Haywood, 1993)

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(Rasmus, & Fowler, 1977).

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(Buschner, 1994)

(Schurr, 1977)

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<sup>1</sup> وثيقة سياسة التعليم في المملكة العربية السعودية (١٤١٦ هـ). المملكة العربية السعودية - وزارة التربية والتعليم.

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(Self-esteem)

" (Gallahue, 1989)

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.(Romance, 1985)

(Self-defeating cycle)

.(Robertson & Halverson, 1984)

.(Allison, 1985; Barrett, 1985; Bressan, 1982)

**(Movement Fundamentals)** :

**(Healthy Play)**

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. (Kogan, 2004)

“ ”  
(Richard Schmidt, 1988) (Schema theory)

.(Gallahue, 1989; Payne & Isaacs, 1991)

(Thomas, Lee, & .(Haubenstricker & Seefeldt, 1986)  
: Thomas, 1988)

(Gallahue, 1982; Seefeldt, 1979)

(Gallahue, 1989; Graham *et al.*, 1993; Stanley,  
.1977; Wickstrom, 1977)

(Qualitative  
(Rink, 1985) aspects)  
(George Graham, 1987)

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(Franck *et al.*, 1991)

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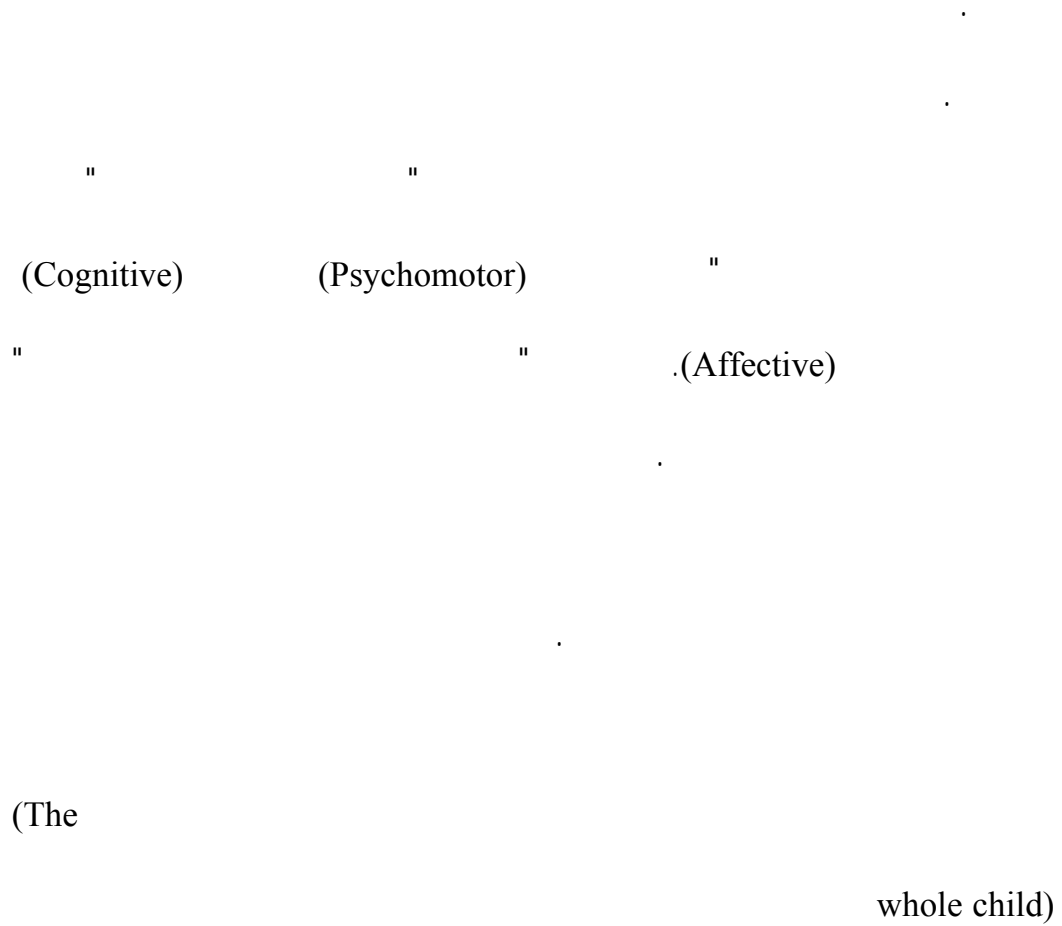
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(Versatility)

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(Buschner, 1989, 1990; Griffin, 1982;

.Hellison & Templin, 1991; Masser, 1990)

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Physically Educated Person



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(Buschner, 1994) (

:( ) **Psychomotor Domain**



: Cognitive Domain



### :Affective Domain



.(Buschner, 1994)

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Reflexes

Rudimentary movements

Reactions

(Gallahue, 1989; Haubenstricker & Seefeldt,

.1986; Haywood, 1986; Payne & Isaacs, 1991; Thomas, 1984)

Toddlers

.(Higgins, 1991)

(Thomas, Lee,

.& Thomas, 1988)

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(Gallahue, 1989) "

.(Graham *et al.*, 1993)

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.(Graham, 1987)

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.(Supervised recreation)

.(Placek, 1983)

(Developmental curriculum)

(Graham *et al.*, 1987)

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(Gallahue, 1989; Haywood,

1993)

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## **Movement Alphabet**

(Motor skills)

(Movement concepts)

(Themes)

– (Melograno, 1979)

(Manipulative patterns)

(Movement sequence)

(Graham *et al.*, 1993)

(Skill themes) (Movement concepts)

(Fundamental locomotor and non-locomotor skills)

(Stability (Movement awareness) movements)

(Perceptual (Movement education skills and concepts)

(Gabbard, LeBalnce, & Lowy, (Manipulatives) awareness)

1987; Gallahue, 1989; Kirchner, 1992; Nichols, 1986; Thomas *et al.*, 1988)

: (Movement forms)

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(Movement literacy)

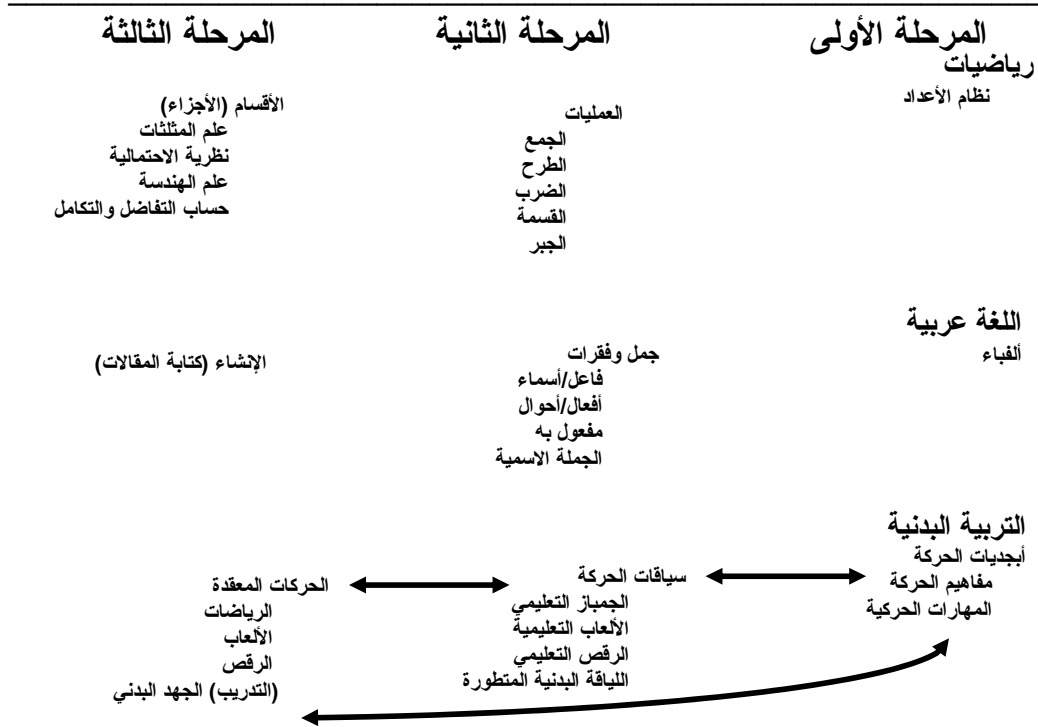
(Movement ( )

(Complex movements) ( ) contexts)

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.(Buschner, 1994)



شكل رقم ١: مراحل التعلم الملائمة للنمو (Buschner, 1994).

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### جدول رقم ٣ : أبجديات الحركة The Movement Alphabet

Movement concepts-adverbs					المفاهيم الحركية- أحوال				
Relationships	العلاقات	Effort	الجهد	الوعي بالحيز	الوعي بحركة الجسم				
				Space awarness	Body awareness				
Objects or others	الأشياء أو الأخرى	Speed	السرعة	General space	الحيز العام	Body parts	أجزاء الجسم		
Partner	الزميل	Force	القوة	Self-space	الحيز الذاتي	Shapes	الأشكال		
				Flow	الإسديلية	Dirctions	الإتجاهات	Curved	منحني
						Levels	المستويات	Twisted	مشي
		Pathways	الطرق	Narrow	ضيّق	Wide	واسع		
								Extensions	التمديدات
		Asymetrical	غير منتظم	Nonlocomotor movements	الحركات الغير إنتقالية				
						Swing and sway	المرجحة والتمرجح		
		Twist and turn	اللف والدوران						
		Bend and curl	الثني واللف						
		Stretch	المد						
		Sink	النزول						
		Push and pull	الدفع والسحب						
		Shake	الهز						
		Base of Support	قاعدة الدعم						

Motor skills-verbs		المهارات الحركية- أفعال	
أنماط حركات المعالجة		أنماط الحركات الإنتقالية	
Manipulative Patterns		Locomotor Patterns	
Throwing	الرمي	Walking	المشي
Catching	اللقف	Jogging/	الهرولة/
Kicking	الركل	running	الجري
Punting	الركل على الطّاير	Hopping	الحجل
Dribbling with feet	المحاورة بالقدم	Skiping	التخطي بالقفز
Dribbling with hands	المحاورة باليدين	Gallopig	عدو الفرس
Striking	الضرب	Leaping	القفز
Volleying	ضرب الكرة الطائرة	Chasing	المطاردة
		Dodging	تقادي التصادم
		Fleeing	الفرار
		Faking	التمويه
		Jumppig &	الوثب و
		landing	الهبوط
		Sliding	الإنزلاق



## :Learnable Pieces



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