

Biomechanics of Sports

Growth and Development

April 9, 2020



Lesson: April 9, 2020

Objective/Learning Target:

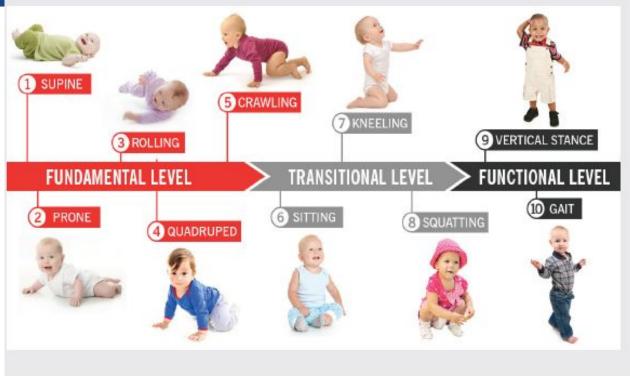
The student will be able to explain the importance of the sequence of learning movement, and then apply it to a real world application when teaching new movement concepts.



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Instructions
Review the following image and use it as you answer the questions on the following page.







Questions:

- 1. How is the crawling stage important in developing a gait pattern when walking?
- 2. Why is it that infants often times have a better squat pattern than adults? Use the S.A.I.D Principle to help facilitate your answer.
- 3. Relate the stages of development of an infant to teaching an elementary student how to throw a ball overhead. Give 4 teaching progressions in the correct sequence.



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