



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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