

MOTOR SKILLS

by Lapo

Vocabulary in schools/sports

Brain systems

vegetative

uncontrolable, unconscious

adaptive

controlled, voluntary
connecting body to the world

1. Basic Movements, learned and developed

- a) slide
- b) roll
- c) crawl
- d) walking
- e) running
- f) step over
- g) climbing, hanging
- h) throw and catch
- i) hit, kick, beat
- j) jumping

2. Capacity to organize movements

Basic movements are used to compose complex movements. This develops your whole life.

Example: walk develops out of standing and balance

For new movement the brain searches its patterns and tries to mix.

Example: to walk on a wire needs pattern of walking in new variations, so it is good for the brain first to walk in many different ways: heel/toe, different surface/rhythms

3. Age range

Capacity to organize from 6. month on

0-3 years find out movements

3-12 years golden age to develop movements

4. Aim

In circus training the aim is to develop many movements to increase the potential. New moves are a challenge for the brain and body composed out of basic moves.

As trainers we should focus on developing training that increases basic movements that are good for circus skills. We can see that basic movements are the foundation.
Hitting beating kicking will help teach direction and force = this will help juggling.
Rolling and sliding and jumping will help acrobats movement.
Walking and running will help balancing self and objects.
Try to train all from a) to j)

SKILLS / CAPACITIES

Juggling is a skill composed of many capacities, basic and specific. learning, adapting and transforming are common to all the skills

LEARNING

to juggle

ADAPTING

to juggle on a rola bola

TRANSFORMING

juggle and fight for fun
at the same time with
another juggler

There are 7 capacities that build the skills, but it is not necessary for all 7 to be used in one skill. Example: contact juggling does not have to use rhythm.

- a) Rhythm
- b) Reactivity - quick response to stimulus
- c) Space- time discrimination
- d) Balancing - maintain centre gravity
- e) Motortransformation= flow not stopping between actions – e.g. running between people in a market place...
- f) Kinaesthetic differentiation (right muscles tone in the right moment)
- g) Combination / sequences of movements