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## **TO MOVE ON IN EDUCATION**

### **Abstract:**

The workshop engages in the use of movement and Eshkol-Wachman Movement Notation for exercising and improving coordinative abilities and spatial orientation as well as improving attention skills. The workshop integrates the study of EWMN basic principles, and practical physical exercises. Furthermore, it provides practical and applied tools for the improvement of motor abilities and learning skills.

Learning subjects:

The learning subjects are taken from the basic principles of EWMN. These principles are based on the human body structure, motor capabilities of the moving body and the manuscript page for writing the movements.

- Coordination exercises: different structures – from the simple to the complex.
- Initial movement analysis: type, direction, path, range.
- Options of symbolizing physical movement on a designated manuscript page.
- Perception of space and its division into an overall system of reference for movement, "body-oriented" space and "absolute" space.
- Different references to movement time – movement and pause, movement rhythm, duration.
- Planning a series of exercises for motor practice with learners from the different populations, based on personal experience.

The learning subjects can be chosen and adapted to the participants.

Target Population:

English-speakers

Groups of up to 20 participants (There is no need for early movement knowledge)

Scope of the workshop:

30 minutes

Required means for the workshop:

A space that allows movement according to the number of participants

### **Keywords:**

Coordination, Theoretical Movement Learning, Eshkol-Wachman Movement Notation