before the skill themes (see Table 3.3). We focus on movement concepts before skill themes because children in preschool and the primary grades spend a great deal of time studying vocabulary (learning new words), and many of the movement concepts are part of this vocabulary. This is also the time when children truly enjoy the challenge of learning and moving as they demonstrate their understanding of such words as *symmetrical*, *zigzag*, and *twisted*.

It’s important to remember, however, that although the children are focusing on learning the movement concepts, they are also practicing the skill themes in Chapters 19–28. As soon as the children begin to move, they are practicing one or more skill themes, even though they may not be thinking about it at the time. For example, if we ask children to skip in a curved pathway, they may be thinking about the curve, but they are also practicing skipping. If we ask them to land in a low level (from a jump), they are also getting