# Body-Space-Effort-Relationships Framework

## B-S-E-R MOVEMENT FRAMEWORK

<table>
<thead>
<tr>
<th>BODY</th>
<th>SPACE</th>
<th>EFFORT</th>
<th>RELATIONSHIPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>(What the body does)</td>
<td>(Where the body moves)</td>
<td>(How the body performs the movement)</td>
<td>(Relationships that occur in movement)</td>
</tr>
</tbody>
</table>

### Actions of the body
- Curl
- Bend
- Twist
- Swing

### Actions of Body Parts
- Support Body Weight
- Lead Action
- Receive Weight/Force
- Apply Force

### Activities of the Body
- Locomotor
- Non locomotor
- Manipulative

### Body Shapes
- Straight
- Wide
- Round
- Twisted

### Areas
- General Personal
- Personal

### Directions
- Forward
- Backward
- Sideward
- Upward
- Downward

### Levels
- Low
- Medium
- High

### Pathways
- Straight
- Curved
- Zigzag
- Twisted

### Time
- Fast-Accelerating-Sudden
- Slow-Decelerating-Sustained

### Force (Weight)
- Firm-Strong
- Fine-Light

### Space
- Direct-Straight
- Indirect-Flexible

### Flow
- Bound-Stoppable-Jerky
- Free-Ongoing-Smooth

### Body Parts
- Above-Below
- Apart-Together
- Behind-In Front Of
- Meeting-Parting
- Near-Far
- Over-Under

### Individuals & Groups
- Mirroring-Matching
- Contrasting
- Successive-Alternating
- Questioning-Answering
- Acting-Reacting
- Following-Copying
- Lifting-Being Lifted
- Supporting-Being Supported

### Apparatus & Equipment

---

[http://www.sde.state.sc.us/archive/educator/standard/phyesed/append_c.htm](http://www.sde.state.sc.us/archive/educator/standard/phyesed/append_c.htm) (1 of 2) [08/03/2001 10:47:11 AM]
APPENDIX C:

<table>
<thead>
<tr>
<th>Symmetry-Asymmetry</th>
<th>Wheel-Sagittal</th>
<th>Over-Under</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Door-Frontal</td>
<td>Near-Far</td>
</tr>
<tr>
<td></td>
<td>Table-Horizontal</td>
<td>Above-Below-Alongside</td>
</tr>
<tr>
<td>Extensions</td>
<td></td>
<td>Behind-In Front Of</td>
</tr>
<tr>
<td>Large</td>
<td></td>
<td>Arriving On-Dismounting</td>
</tr>
<tr>
<td>Small</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Other Types

- Goals & Boundaries
- Music & Sounds
- Poems & Stories & Words
- Beats & Patterns
- Art & Artifacts