

APPENDIX C

Body-Space-Effort-Relationships Framework (BSER Framework)

B-S-E-R MOVEMENT FRAMEWORK

BODY (What the body does)	SPACE (Where the body moves)	EFFORT (How the body performs the movement)	RELATIONSHIPS (Relationships that occur in movement)
<p>Actions of the body</p> <ul style="list-style-type: none"> ● Curl ● Bend ● Twist ● Swing <p>Actions of Body Parts</p> <ul style="list-style-type: none"> ● Support Body Weight ● Lead Action ● Receive Weight/Force ● Apply Force <p>Activities of the Body</p> <ul style="list-style-type: none"> ● Locomotor ● Nonlocomotor ● Manipulative <p>Body Shapes</p> <ul style="list-style-type: none"> ● Straight ● Wide ● Round ● Twisted 	<p>Areas</p> <ul style="list-style-type: none"> ● General Personal ● Personal <p>Directions</p> <ul style="list-style-type: none"> ● Forward ● Backward ● Sideward ● Upward ● Downward <p>Levels</p> <ul style="list-style-type: none"> ● Low ● Medium ● High <p>Pathways</p> <ul style="list-style-type: none"> ● Straight ● Curved ● Zigzag ● Twisted <p>Planes</p>	<p>Time</p> <ul style="list-style-type: none"> ● Fast-Accelerating-Sudden ● Slow-Decelerating-Sustained <p>Force (Weight)</p> <ul style="list-style-type: none"> ● Firm-Strong ● Fine-Light <p>Space</p> <ul style="list-style-type: none"> ● Direct-Straight ● Indirect-Flexible <p>Flow</p> <ul style="list-style-type: none"> ● Bound-Stoppage-Jerky ● Free-Ongoing-Smooth 	<p>Body Parts</p> <ul style="list-style-type: none"> ● Above-Below ● Apart-Together ● Behind-In Front Of ● Meeting-Parting ● Near-Far ● Over-Under <p>Individuals & Groups</p> <ul style="list-style-type: none"> ● Mirroring-Matching ● Contrasting ● Successive-Alternating ● Questioning-Answering ● Acting-Reacting ● Following-Copying ● Lifting-Being Lifted ● Supporting-Being Supported <p>Apparatus & Equipment</p>

- Symmetry-Asymmetry

- Wheel-Sagittal
- Door-Frontal
- Table-Horizontal

Extensions

- Large
- Small

- Over-Under
- Near-Far
- Above-Below-Alongside
- Behind-In Front Of
- Arriving On-Dismounting

Other Types

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