

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)
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 • Nonlocomotor • 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 Planes	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

- 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