

1

L

Locomotor

A fundamental movement that takes a person from one place to another place (e.g., walk, run, jump, hop, slide, gallop, skip, leap).

2

W

Walk

To travel on foot at a moderate speed or pace; proceed by steps; move by advancing the feet alternately so that there is always one foot on the ground in bipedal locomotion .

3

Run

Run

Repeated pattern of right and left feet
with the feet taking flight in the stride
position

4

H

Hop

Taking off on one foot and landing on
the same foot.

5

S

Skip

Repeated pattern of the right and left feet with a walk-hop pattern on each foot.

6

G

Gallop

Step-close-step in a forward or backward direction with the same foot leading.

7

Le

Leap

Taking off on one foot, gaining height and distance, and landing on the other foot. This skill usually has an approach consisting of a few running steps.

8

Ch

Chase

To follow rapidly in order to catch or overtake; to pursue.

9

F

Flee

To run away, as from a pursuer.

10

D

Dodge

A sudden quick movement to avoid someone or something.

11

NM

Non-
Manipulate

12

Tu

Turning

A change or cause to change direction.

13

Tw

Twist

To rotate a body part around its longitudinal axis.

14

Ro

Rolling

Moving by turning over and over on an
axis.

15

Ba

Balance

The ability to control or stabilize your body when moving or staying still.

16

Tr

**Transfer of
Weight**

Moving body weight from one part of
the body to another.

17

JL

Jumping &
Landing

Taking off on one foot or two feet and
landing on two feet.

18

Sc

Stretch

To make your body as tall or wide as possible.

19

Cu

Curved

To move in or take the shape of a smoothly rounded bend.

20

Ma

Manipulative

A piece of equipment used during physical activity (e.g., racket, jump rope).

21

Th

Throw

Using the arm to give a projectile
flight.

22

Sk

Strike with
Rackets

23

Lh

Long Handled
Implement

24

Sh

Short Handled
Implement

25

V

Volley

The flight of a ball before it touches the ground, such as a ball kicked on the volley in soccer, or a shot, especially in tennis, made by striking the ball before it touches the ground.

26

Dw

Dribble with
Feet or Hands

Striking an object gently with hand,
foot, or implement while maintaining
possession.

27

Ca

Catch

Capturing a projectile with the hands or an implement (e.g., glove, net).

28

P

Punt

Kick in which the ball is dropped from the hands and kicked before it touches the ground.

29

K

Kicking

To strike with the foot or feet, such as punting, dribbling, passing, and shooting.

30

Co

Collecting

To gather or control an item