

# Physical Education Periodic Table

### *Locomotor Family: (Red)*

*L=Locomotor W=Walk Ru=Run H=Hop S=Skip G=Gallop  
Le=Leap Ch=Chase F=Flee D=Dodge*

### *Non Manipulative Family: (Purple)*

*Nm=Non Manipulative Tu=Turning Tw=Twisting Ro=Rolling  
Ba=Balancing Tw=Transfer of Weight JI=Jumping and Landing  
Sc=Stretching Cu=Curling*

### *Manipulative Family: (Blue)*

*Ma= Manipulative Sk=Striking with rackets Lh=Long Handled Implements  
Sh=Short Handled Implements V=Volleying D=Dribbling  
P=Punting K=Kicking Co=Collecting Ca=Catching Th=Throwing*

### *Effort Family: (Pink)*

*T=Time Fo=Force Fl=Flow Fa=Fast So=Slow St=Strong Li=Light  
Bo=Bound Fr=Free*

### *Spatial Awareness Family: (Green)*

*Lo=Location Di=Direction R=Right L=Left Ud=Up/Down Ss=Self Space  
Gs=General Space F=Forward B=Backward L=Low Mi=Middle Hi=High  
St=Straight Cu=Curved ZigZag=Zz Ls=Large/Small Fn=Far/Near*

L				Ma				F	B		
W			Nm	Th	Ca	E	S	R	L	Bp	N
Ru	Le	Tu	Tr	Sk	D	Fl	So	Cw	Cc	Ro	Wi
H	Ch	Tw	Jl	Lh	P	Fo	Bo	Ss	Mi	St	Tw
S	F	Ro	Sc	Sh	K	T	Fr	Gs	Hi	Cu	Sy
G	D	Ba	Cu	V	Co	Fa	Li	Ls	Fn	St	Ns

Wo

As

Ou

Lf

Oo

Uc

Nf

Bg

Ib

Gp

At

Pn

Sl

Mp

Sa

Wl

*Relationships (Yellow)**Body Parts*

*Bp=Body Parts Ro=Round N=Near Wi=Wide Tw=Twisted Sy=Symmetrical  
Ns= Non-Symmetrical*

*With Objects*

*Wo= With Objects Ou=Over/Under Oo=On/Off Nf=Near/Far Ib=In front/  
Behind At=Along/Through Mp=Meeting/Parting Sa= Surrounding Around*

*Alongside*

*As=Alongside Lf=Leading/Following Mm=Mirroring/Matching  
Uc=Unison/Contast Bg=Between Groups Gp=Groups Pn=Partner Sl=Solo  
Wl= Whole*

*Can You Make A Bond With  
Physical Education?*