

Movement Chart

Fundamental Movement Skills

Balance Skills <Both stationary & while moving>	Locomotor Skills	Fine Motor Manipulative Skills	Object Control Manipulative Skills
Stand (2 feet) / Kneel	Crawl	Grasp / Hold	Pass
Shake	Walk	Move / Adjust	Roll (Push)
Sink / Rise	March	Tear / Cut	Pull (w/ hand)
Squat / Sit	Run / Jog	Twist / Turn (w/ hands)	Toss (underhand)
Swing / Sway / Rock	Hop (1 foot)	Squeeze / Release	Throw (overhand)
Bend / Stretch	Jump (2 feet)	Press / Mash / Fold	Catch
Twist / Turn	Gallop	Draw / Color / Paint	Bounce / Dribble
Spin / Twirl	Skip	Scribble / Write	Kick
Stand on 1 foot	Side-step	Stack / Build	Strike
Shift weight (1 foot to the other)	Leap	Lace / Thread / Weave	Trap
Freeze / Pose	Climb	Use Utensils	Pull
Push / Pull (w/ body)	Tiptoe	Zip / Button / Snap	Lift / Drop

Movement Concepts

Space	Pathways	Levels	Tempo	Direction
Personal	Straight	Low	Slow	In place
Shared	Curvy	Medium	Fast / Quick	Forward / Backward
General / Open	Zigzag	High	Half-speed	Left / Right
Space for force & flow of movement - alone, partnered In a group	Wavy In circles In loops		Speed up Slow down Steady Even Stop / Go	Up, down, over, under, around, beside, to the side, in front/back of, on top of, between, near, next to, far, inside, outside, on, off, across, toward, forward/backward, sideways, through, past, into, out of, along, left, right

Skill Progression

Individual ► Individual w/ Manipulative ► Partner ► Group

Courtesy of AbridgeClub.com

In cooperation with Patty Kimbrell, M. Ed.