

Movement Charts

Fundamental Movement Skills

Balance Skills	Locomotor Skills	Fine Motor Manipulative Skills	Object Control Manipulative Skills
Pushing / Pulling	Walk / March	Grasp / Hold	Roll
Bending / Stretching	Run / Jog	Move / Adjust	Toss
Twisting / Turning	Hop	Tear / Cut	Throw
Swinging / Swaying	Jump	Draw / Paint	Catch
Sinking / Rising	Gallop	Scribble / Write	Bounce
Small / Big	Skip	Stack / Build	Dribble
Wide / Thin	Side-slide	Lace / Thread / Weave	Kick
Standing / Kneeling	Leap	Use Utensils	Strike
Shaking	Climb	Zip / Button / Snap	Trap
<Both stationary & while moving>	Crawl		

Movement Concepts

Space	Pathways	Levels	Tempo	Direction
Personal	Straight	Low	Slow	In place
General	Curvy	Medium	Fast	Forward / Backward
	Zigzag	High	Half-speed	Left / Right
Body Parts Force & Flow of Movement (smooth/sharp)	Wavy		Speeding up/ down	Over, under, around, beside, to the side, in front/back of, on top of, between, near, far

Skill Progression

Individual ► Individual w/ Manipulative ► Partner ► Group

Courtesy of AbridgeClub.com

In cooperation with Patty Kimbrell, M. Ed.