Movement Chart

Use the chart below, or create your own with selected movements, to post in your room as a reminder to yourself and your students of the variety of movements one can learn, practice, and explore.

# **Locomotor Movements**

crawl

creep

roll

walk

run

leap

jump

hop

gallop

slide

skip

waltz run

step–hop

schottische

two-step

grapevine

slither

dash

dart

flee

stamp

tiptoe

prance

soar

fly

bounce

polka

wobble

totter

skate

shuffle

sneak

waddle

# **Nonlocomotor Movements**

stretch

bend

twist

swing

push

pull

fall

melt

rock

sway

shake

lunge

contract

curl

turn

float

glide

flick

dab

slash

punch

wring

press

spin

swirl

dodge

lift

kick

poke

wiggle

shiver

shrink

rise

sink

whirl

burst

grow

jab

explode

twitch

chop