|  |  |  |
| --- | --- | --- |
| Actions | | |
| Locomotor | Roll | Balance |
| <drill1ts1tb>Walking  Galloping  Skipping  Sliding  Grapevine | Sideward  Forward  Backward | 2 feet  1 foot  Feet and hands  Bottom  Hands and knee  “Gymnastics” balances |
| Concepts for connecting actions | | |
| Body | Space | Effort |
| Curl  Stretch  Twist | Direction change (turns)  Level change (rising, sinking) | Speed change |

## Figure 21.7 Card for creating combinations.