

Ways To Get Moving

Locomotor	Non-Locomotor	Spatial Awareness
Climb	Bend	Bounce or dribble objects
Crawl	Clap	Bounce on objects
Creep	Curl	Carry objects
Gallop	Dodge	Catch objects
Hop	Fall	Dodge objects
Hurdle	Flick	Fly objects
Jump	Rock	Kick objects
Leap	Shake	Pull objects
March	Sit	Punch objects
Roll	Snap	Push objects
Run	Stretch	Ride objects
Shuffle	Sway	Skate on objects
Skip	Swing	Strike objects
Slide	Tap	Sway or swing objects
Swim	Twist	Throw objects
Tumble	Turn	Trap objects
Walk (forward, backwards, sideways)	Wiggle	