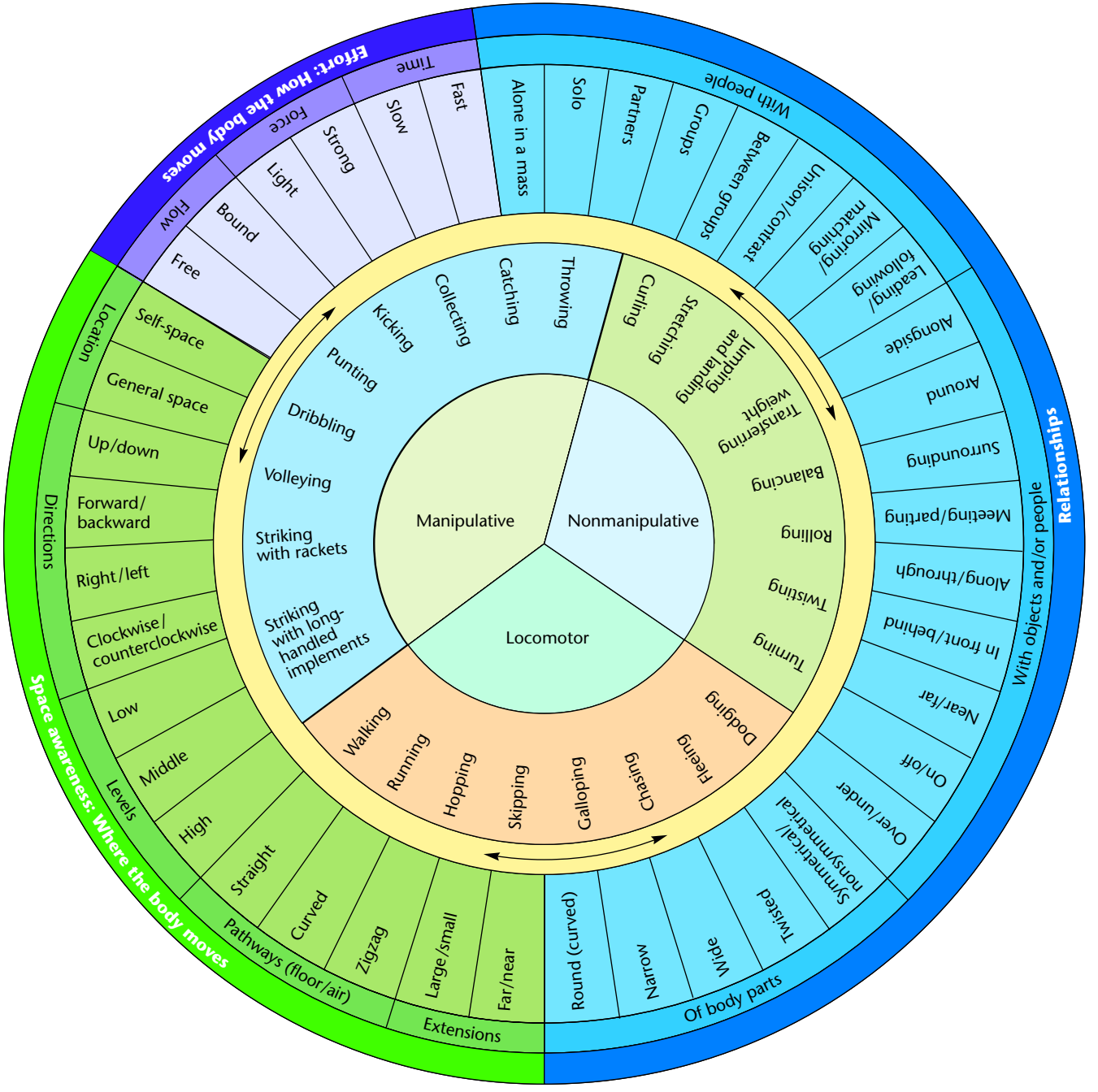
Manipulative
Nonmanipulative
Locomotor
Throwing
Catching
Collecting
Kicking
Punting
Dribbling
Volleying
Striking with rackets
Striking with long-handled implements
Curling
Stretching
Jumping and landing
Transferring weight
Balancing
Rolling
Twisting
Turning
Dodging
Fleeing
Chasing
Galloping
Skipping
Hopping
Running
Walking
Relationships
With objects and/or people
Along/through
In front/behind
Near/far
On/off
Over/under
Symmetrical/nonsymmetrical
Twisted
Wide
Narrow
Round (curved)
Of body parts
Alone in a mass
Solo
Partners
Groups
Between groups
Unison/contrast
Mirroring/matching
Leading/following
Alongside
Around
Surrounding
Meeting/parting
Effort: How the body moves
Time
Fast
Slow
Force
Strong
Light
Bound
Free
Flow
Space awareness: Where the body moves
Extensions
Far/near
Large/small
Pathways (floor/air)
Zigzag
Curved
Straight
Levels
High
Middle
Low
Directions
Clockwise/counterclockwise
Right/left
Forward/backward
Up/down
General space
Self-space
Location