

## Movement Concepts / Movement Chart

### Spatial Awareness

Directions		Space	Pathways	Levels	Distances	Dimensions	Planes
Forward	Diagonal	General	Straight	High	Near	Huge	Horizontal
Backward	Vertical	Personal	Curved	Medium	Far	Large	Transverse
Left/Right	Horizontal	Shared	ZigZag	Low	Away	Medium	Longitudinal
Up/Down	Clockwise				Toward	Small	Sagittal
Diagonal	Counter-clockwise					Tiny	Medial
Weave							

### Body Awareness

Body Parts			Body Shapes		Body Positions	Body Surfaces
Head	Hips	Legs	Small	Straight	Standing	Front
Eyes	Buttocks	Hamstrings	Large	Angular	Sitting	Back
Chin	Torso	Knees	Wide	Round	Lying	Side
Neck	Shoulder	Shins	Narrow	Twisted	Prone	Top
Back	Elbows	Ankles	Tall	Symmetrical	Supine	Bottom
Chest	Wrists	Feet	Short	Asymmetrical	Kneeling	
Rib Cage	Fingers	Heels			Inverted	
Abdomen	Thighs	Toes				

### Movement Skills

Non-Locomotor		Locomotor		Manipulative			What Body Can do
				Send	Receive	Retain	
Bend	Stand	Walk	Gallop	Roll	Catch	Bounce	Balance/Support
Curl	Stretch	Run	Roll	Strike	Trap	Carry	Lead/Mirror
Hold	Swing	Hop	Slide	Underhand-Throw		Dribble	Follow/Echo
Lift	Twist	Jump	Stop	Overhand-Throw			Transfer Weight
Lower	Turn	Leap	Climb	Toss			Apply/Receive Force
Pull	Fall	Skip		Kick / Punt			
Push	Stop						

### Movement Quality—Effort

Flow	Force	Time	Dynamics
Even/Uneven	Firm/Fine	Fast/Slow	Slash/Press
Free/Bound	Strong/Weak	Steady/Irregular	Thrust/Punch
Controlled/Changeable	Heavy/Light	Accelerating/Decelerating	Glide/Float
Smooth/Rough	Sharp/Explosive	Sudden/Sustained	Wring/Flick
Flowing/Irregular			Tap/Dab

### Relationships

To Body Parts, Other People, Apparatus & Equipment			
Top/Bottom	On/Off	Toward/Away from	Surrounding
Over/Under	Around/Over	Horizontal/Vertical	Together/Apart
Into/Out of	Inside/Between/Outside	Parallel/Perpendicular	Near/Far
High/Low	In Front of/Behind	Open/Closed/Square	Above/Below
Meeting/Parting	On Top of/Beneath	Beside/Across	Touching/Spread Apart