

Table 9.1 Movement vocabulary: categories and examples

<b>Balance: vocabulary to enhance stable support and postural control</b>									
on front	on back	on side	on bottom	on hands and feet	on hands and knees	on knees	on feet	on one hand and one foot	
on one foot	sliding	upside-down	as in handstand	on elevated, wide and narrow surfaces	rocking	scotching	scotching	biking	
<b>Locomotion: vocabulary to enhance travel from place to place</b>									
creeping	slithering	crawling	stepping	walking	jogging	running	rolling	skipping	galloping
pulling	pushing	swinging	climbing	swimming					
<b>Flight: vocabulary to enhance projecting oneself off the ground and back down to land</b>									
landing on two feet	taking off	jumping up	jumping along	jumping onto	jumping off	jumping with turn	jumping over	assisted flight	
landing on one foot	hopping	hopscotch	leaping	abseiling					
<b>Manipulation</b>									
holding	feeling	grasping	gripping	drawing	tracing	guiding	cutting	pegging	threading
moulding	typing	mouse management	picking up	receiving a rolled object			catching		
<b>Projection</b>									
grasping	releasing	placing	rolling	bouncing	throwing	striking	heading	aiming	kicking
punting	volleying	flicking	flinging	spinning	skimming	servicing	goal shooting		
<b>Construction</b>									
picking up	lifting	carrying	arranging	assembling	adjusting	stacking	building	dismantling	storing
<b>Communication (non-verbal)</b>									
pointing	waving	clapping	smiling	frowning	beckoning	bowing	curtsying	turning towards	turning away

From Patricia Maude, 'Physical literacy and the young child' in Margaret Whitehead (ed.), *Physical Literacy*, London: Routledge © 2010 Margaret Whitehead