

CORE FOCUS AREAS FOR PHYSICAL DEVELOPMENT

DYNAMIC BALANCE

The ability to anticipate and react to changes in balance as the body moves through space.

TUMBLING
STOPPING
DODGING
LANDING

STATIC BALANCE

The ability to maintain a stationary body position while performing a task.

STANDING IN PLACE
BALANCING
HOLDING A POSE
CONTROL OF POSTURE

SPATIAL AWARENESS

The awareness of space between oneself and another object or person. Learning positional vocabulary with the body to understand direction, distance and location.

GAUGING DISTANCE
TIMING
REACTION SKILLS
BODY POSITIONING

LOCOMOTIVE SKILLS

Movements whereby the body travels through space from one location to another primarily using the feet for support. The hands and feet can also be used together.

CRAWLING
WALKING
RUNNING
SKIPPING

MANIPULATIVE SKILLS

Part of the gross motor skills group. The hands or feet or any other body part moves or manipulates an object.

LIFTING
PULLING
THROWING
CATCHING

AXIAL STABILITY

Movement organized around the axis of the body involving the spine in different spatial planes.

BENDING
TWISTING
TURNING
ROLLING