

Alphabetized List of Motor Skills

Locomotor	Non-Locomotor	Spatial Awareness
Climb	Bend	Bounce or dribble objects
Crawl	Clap	Bounce on objects (e.g., ball, pogo stick)
Creep	Curl	Carry objects (e.g., toys, jacket, backpack)
Gallop	Dodge	Catch objects (e.g., Frisbee, balls)
Hop	Fall	Dodge objects (e.g., balls, something falling or coming toward)
Hurdle	Flick	Fly objects (e.g., kites, remote operated toys)
Jump	Rock	Kick objects
Leap	Shake	Pull objects (e.g., rakes, toys on strings)
March	Sit	Punch objects
Pump (legs)	Snap	Push objects (e.g., riding toy, shovel, vacuum)
Roll	Stretch	Ride objects (e.g., riding toy, trike, bike)
Run	Sway	Skate on objects (e.g., roller blades, skateboard)
Shuffle	Swing	Strike objects (e.g., using hand or another object)
Skip	Tap	Sway or swing objects (e.g., broom, club, hula hoop, racquet, bat)
Slide	Turn	Throw objects
Swim	Twist	Trap objects
Tumble	Wiggle	
Walk (forward, backwards, sideways)		