

Appendix E

Locomotor and Non-Locomotor Definitions

LOCOMOTOR AND NON-LOCOMOTOR DEFINITIONS

Locomotor

- Walk - using the feet to advance by steps.
- Run - move fast by using the feet, with one foot off the ground at any given time.
- Hop - push off 1 foot, land on same foot. Vertical or horizontal.
- Jump - take off 1 or 2 feet, land on 2 feet. Vertical or horizontal.
- Leap - take off 1 foot, cover a large distance, land on other foot. Use several running steps to lead into the leap.
- Gallop - feet face forward, step forward & close with the trail foot, step & close... (same foot always leads).
- Skip - step forward, hop on that foot while bringing other foot forward to step and hop and switch.
- Slide - step to the side, close with other foot, step to the side again, close with other...

Non- Locomotor

- Stretch - extend the limbs or muscles, or the entire body.
- Bend - movement that causes the formation of a curve.
- Twist - rotate body or body parts around a stationary base (twist upper body back and forth, keep feet still).
- Turn - partial or full rotation of the body while shifting the base of support (spin to make yourself dizzy).
- Collapse – to fall down.
- Punch - use forceful actions with various body parts - hands, feet, knees, elbows.
- Slash - longer movements but powerful like punches (picture a slashing sword).
- Push - try to move away by pressure.
- Pull - exert force on object to move it towards source of force.
- Swing - move or walk in a to and fro or swaying manner.
- Sway - swing unsteadily; rock by moving back and forth sideways.