

dance - drama - music

Useful Movement Vocabulary

LOCOMOTION DIRECTION AND SHAPE WORDS (ADD 'ER' AND/OR POSITION (FORT))

Walking Forwards 'EST')

Running Backwards Small/tiny

Stomping Sideways Big/large

Wading Zig zag Wide

Creeping Curved Narrow

Tiptoeing Upwards Short

Galloping Downwards
Long

Rolling Away from Low

Slithering Along High

Sliding Behind Straight

Climbing In front of

Hanging Under Bendy

Jumping Above Broad

Hopping Stop Round

Turning Start

Twisting Change

Side-stepping Potycon

Stepping Between Stepping

Rolling Out
Leaping On

Riding Through Scooting Around

Crawling Around Change

Between Reach crouch

Reference: Early Movers – Helping under 5's live active and healthy lives



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MANIPULATION

ACTION WORDS

WORDS

Throw

Hold

Hit

Grip

Bat

Carry

Catch

Pick up

Retrieve

Push

Climb

Pull

Aim

Hang

Strike

Grasp

Kick

Receive

Bounce

Collect

Roll

Retrieve

Clap

Peg

Balance

Thread

Draw

Cut

Pinch

Mould

Stack

Make

Build

Knead