

# BODY MANAGEMENT

## Actions

### Body Movement & Dance

Waving	Kicking
Rotating	Shaking
Circling	Spinning
Swinging	Clapping
Bending, Flexing & Extending	Stepping

### Shapes

Straight Shape	Lunge Shape	Back Support
Long Sit Shape	Squat Shape	Crab Shape
Star Shape	Dish Shape	Side Support
Tuck Shape	Arch Shape	Stag Shape
Straddle Shape	Front Support	Split Shape
Pike Shape	Bear Shape	Bridge Shape

### Jumping

Jumping from Two Feet	Jumping from Hands & Feet
Jumping from One Foot	Jumping from Apparatus
Jumping from Hands	

### Landing

Landing on Two Feet	Landing on Hands & Feet
Landing on One Foot	Landing on Apparatus
Landing on Hands	

### Flight

Direction	Action
Rotation	Apparatus or Equipment
Shapes	

### Rocking & Rolling

Body Rocking	Body Rolling
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## Strength & Conditioning

### Flexibility & Mobility

Flexibility	Mobility
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### Strength

Upper Body	Swinging & Hanging
Lower Body	Climbing
Core	

## Balance

### Static Balance

Standing	Points	Asymmetrical
Single Leg	Inverted	Counter
Patches	Symmetrical	Counter Tension

### Dynamic Balance

Small & Unstable Bases	Weight Transfer
Whilst Moving	Managing Other Forces

## Coordination

### Limb Control

Unilateral Movement	Contralateral Movement
Bilateral Movement	Crossing The Midline
Ipsilateral Movement	

# TRAVELLING

## Floorwork

### Weight Off Feet

Crawling	Rolling
Sliding	Weight on Hands

## Footwork

### Weight On Feet

Walking	Jumping	Galloping
Marching	Hopping	Bounding
Running	Side Stepping	Skipping

## Agility & Spacial Awareness

### Spacial Awareness

Spacial Awareness	Finding & Creating Space	Attacking & Defending Space
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### Speed & Agility

Stopping & Starting	Turning & Changing Direction
Speed	Reacting & Responding
Changing Speed	Pivoting

### Capture

Capture & Evasion

### Dodging

Dodging

# OBJECT CONTROL

## Send Objects

### Throwing

Heave Throw	Over Arm Throw	Forehand Sling Throw
Chest Throw	Over Arm Bowl	Backhand Sling Throw
Overhead Throw	Shoulder Throw	Pull Throw
Underarm Throw	Put Throw	Throw Using Equipment
Underarm Bowl	Dart Throw	

### Striking With Body

Air Strike With Hands	Backhand Strike With Hands
Ground Strike With Hands	Overhead Strike With Hands
Underarm Strike With Hands	Strike With Feet
Forehand Strike With Hands	Strike With Other Body Parts

### Striking With Equipment

Air Strike With Equipment	Forehand Strike With Equipment
Ground Strike With Equipment	Backhand Strike With Equipment
Underarm Strike With Equipment	Overhead Strike With Equipment

## Receive Objects

### Catching

Catching With Hands  
Gathering With Hands  
Catching Using Other Body Parts  
Catching Using Equipment

### Trapping & Blocking

Trapping & Blocking With Hands  
Trapping & Blocking With Feet  
Trapping & Blocking With Other Body Parts  
Trapping & Blocking With Equipment

### Cushioning

Cushioning With Hands  
Cushioning With Feet  
Cushioning With Equipment

## Object Control & Actions

### Dribbling

Floor Dribbling With Hands	Bounce Dribbling With Hands
Floor Dribbling With Equipment	Bounce Dribbling with Equipment
Floor Dribbling With Feet	

### Handling & Control

Lifting	Flicking	Swinging
Releasing	Snatching	Pushing
Passing	Carrying	Pulling
Squeezing	Spinning	Controlling
Continuous Strike with Body	Continuous Strike with Equipment	

**FUNDAMENTALS OF MOVEMENT**

**FUNDAMENTAL MOVEMENT SKILLS**

**SKILLS FOR SPORT**

**SPORT SPECIFIC SKILLS**