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| **balance** | The ability to maintain body con­trol while moving and while still. |
| **catching** | A large motor skill that involves the use of hands to stop and trap a tossed or flying object. |
| **dynamic balance** | Maintaining balance while in motion. |
| **fine motor activity** | A physical activity, such as using crayons, stacking blocks, or cutting with scissors, that uses the smaller muscle groups of primarily the fingers, hands, and wrists. |
| **galloping** | Making a forward step motion with a leading foot followed by a leap motion of the trailing foot. |
| **gross motor activity** | A physical activity, such as throwing, striking, running, or jumping, that uses the major muscle groups of the arms, legs, and trunk. |
| **hopping** | Projecting the body in space by taking off on one foot and landing on the same foot. Hopping is a more com­plicated version of jumping and requires a higher degree of strength. |
| **jumping** | Projecting of the body into the air from a force generated by arms and one or two feet and landing on two feet. There are three forms of jumping: jump­ing (up) for height, jumping for distance, jumping (down) from a distance. Jump­ing requires coordination of all body parts. |
| **kicking** | A large motor skill that is a form of striking in which one foot is used to apply force to the ball. |
| **leaping** | Running and then taking off with one foot with an elongated step and landing on the opposite foot. It looks like a big step with an extended flight phase in the air. |
| **locomotor skills** | The ability to project the body into or through space. |
| **manipulative skills** | Also known as object-control skills in which the arms, hands, legs, and feet are used to give force to an object (for example, throwing a ball) or to receive and absorb the force from an object (for example, catching a ball). |
| **movement skills** | Observable, goal-directed movement patterns**.** |
| **running** | Projecting of the body into space with an alternative foot support, such as walking, and a flight phase when both feet are off the ground. |
| **sliding** | Demonstrating a form of galloping in which the child steps purposefully in a sideward direction. |
| **static balance** | Maintaining balance while still. |
| **striking** | A large motor skill that involves the action of giving force to an object by propelling it in the air with a hand or an implement, such as a paddle, racket, or bat. |
| **throwing overhand** | A large motor skill that involves projecting a ball in a for­ward direction using an overarm action and stepping in opposition. The ball is released in front of the body (like a baseball throw). |
| **tossing underhand** | A large motor skill that involves projecting an object in a forward direction by using an underarm action and stepping with the opposite foot; object is released at waist level. |
| **walking** | Transferring weight from one foot to another while moving across the floor. |

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