



Locomotor movements: movements that travel from place to place, usually identified by weight transference on the feet.

Examples:

- walk
- run
- hop
- jump
- skip
- gallop
- slide
- leap

Non-locomotor movements: movements that are anchored to one spot by a body part using only the available space in any direction without losing the initial body contact.

Examples:

- bend
- stretch
- push
- pull
- swing
- shake
- twist
- bounce

Qualities of movement: the manner in which a movement is performed.

These qualities include:

- **sustained:** long, flowing movement
- **percussive:** sharp, choppy, detached movement
- **pendular:** swinging movement (a combination of suspend and collapse)
- **vibratory:** shaking or convulsive movement
- **suspend:** movement as if being held up as if by a string; an illusion of low gravity
- **collapse:** movement as if support has been released; the muscles "let go"