

Whole body

Body activities

Running
Stepping
Jumping
Leaping
Travelling
Turning
Rocking
Rolling
Swinging
Climbing
Sliding
Gripping
Balancing
Bending
Stretching
Twisting
Arching
curling

Use of body

Isolated body parts

Leading
Supporting
relating

Body shape

long	tuck
Wide	straight
Narrow	straddle
Twisted	pike
Symmetrical/asymmetrical	puck
Round	pike straddle
	dish arch