



MOVEMENT COMPETENCY CLASSIFICATIONS

"...movement competencies allow humans to engage in meaningful physical activity within their physiological capability."

(Dudley, 2015, p. 249)

Land-Based

1

Locomotor

Locomotor skills are types of movements where one travels through space. Some examples include galloping, running, leaping, skipping, and horizontal jumping..



2

Stability

Stability skills are the ability to sense a shift in the relationship of the body parts that change one's balance, as well as the ability to adjust rapidly and accurately to these changes with the appropriate movements. Some examples include non-locomotor skills such as bending, stretching, and twisting.

(Gallahue et al., 2012)



3

Manipulative

Manipulative skills involve controlling objects with the hands or feet. These skills often include retaining, sending, or receiving an object. Some examples include throwing, kicking, striking, dribbling, and catching.

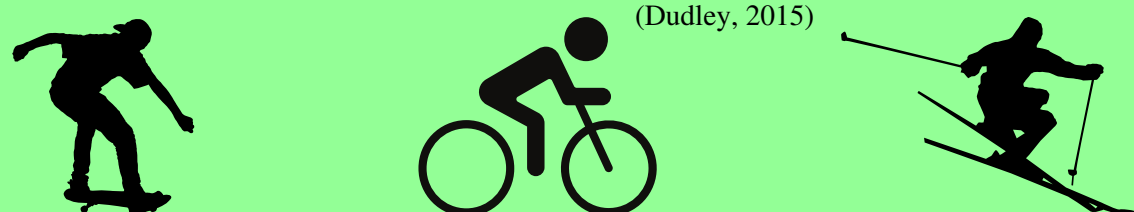


4

Object Locomotor

Object locomotor skills facilitates moving one's body from one place to the next.. The body uses a secondary source of movement other than the body itself.to propel through space. Some examples include cycling, skiing, skating, skateboarding, snowboarding, and wheel-chairing.

(Dudley, 2015)

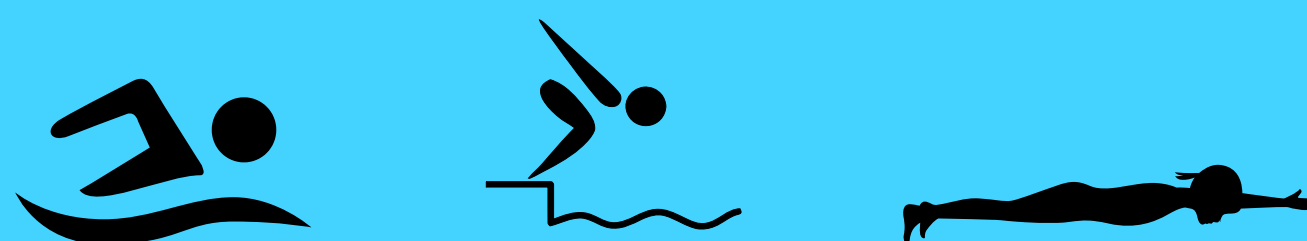


Water-Based

1

Locomotor

Locomotor skills are types of movements where one propels through the water. Some examples include diving, gliding, flutter kicking, and crawling.



2

Stability

Stability skills are the ability to maintain, achieve or restore a specific state of balance in the water. Some examples of these non-locomotor skills include treading water, floating, and tumble turning.

(Gallahue et al., 2012)



3

Manipulative

Manipulative skills involve controlling objects within the water environment.. Some examples include throwing in water, towing in water, and using fins or a snorkel.



4

Object Locomotor

Object locomotor skills often require the individual to combine a range of fundamental movement skills (e.g. locomotor, object control, stability) to complete them successfully. Some examples include rowing,, paddling, waterskiing, and wakeboarding.

(Dudley, 2015)



"Physical literacy... a journey that a school and its wider community can service."

(Dudley, 2015, p. 249)