

BODY: Axial/Level 1

Name: _____

Period: _____

Date of Absence: _____

Date Turned In: _____

“Locomotor moves through space, Axial stays in place”

With a fruit roll up, playdough, silly putty, or piece of paper come up with a list of action words that you can do to that item (example-rip, fold, etc). You must write down at least 10 words. Then you will circle 5 words and create a 30 second movement phrase using the 5 circled words. Remember axial movement stays in place! When you turn in the assignment you will perform your axial choreography for your teacher to pass off!

List of Axial Words

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Teacher Signature: _____