

# Axial and Locomotor Movements

Name:

Class:

Date Of Absence:

Fill in the Blanks:

“Locomotor \_\_\_\_\_, Axial \_\_\_\_\_”

Use the word bank below to fill in the two columns: **axial** and **locomotor**. Each word will only appear in one of the two columns.

Walk	Kick	Crawl	Roll	Stretch	Swing
Twist	Pull	Gallop	Skip	Run	Fall
Crab Walk	Leap	Slide	Vibrate	Hop	Bend

**Axial**

**Locomotor**

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

Using eight of the above words, four from each column, create a movement phrase that clearly shows the distinction between axial and locomotor movements. Once you have choreographed your phrase and are ready to turn in your assignment, perform your phrase for your teacher to pass off.

Teacher Signature: \_\_\_\_\_