

# Axial and Locomotor Movements

## Level 2

**Name:**

**Class:**

**Date of Absence:**

Choose eight of the following axial and locomotor movement words from the list below. You must choose four axial and four locomotor words.

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• Kick	• Hop
• Twist	• Swing
• Pull	• Gallop
• Roll	• Pull
• Skip	• Leap
• Stretch	• Crab Walk
• Bend	• Vibrate
• Walk	• Fall

You must now create a movement phrase that incorporates all eight of the words you chose from the list above. Once you have your phrase completed, you must alter it using the following:

Time

Space

Energy

Your completed combination should clearly demonstrate (2) timing changes, (2) spatial changes, and (1) energy quality change. Once you have choreographed and altered your phrase and are ready to turn in your assignment, perform your phrase for your teacher to pass off.

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