Action Awareness

(Action Awareness) “I am learning WHAT my body does.”

Traveling Actions
Walking    Jumping    Marching
Running    Hopping    Crawling
Sliding    Leaping    Skipping
Galloping  Climbing

Stabilizing Actions
Twisting    Standing    Pushing
Turning     Balancing    Pulling
Bending     Landing     Dodging
Shaking     Stretching   Swinging
Swaying     Sitting      Curling
Squatting   Kneeling

Manipulating Actions
Throwing    Rolling
Catching    Trapping
Kicking     Bouncing
Striking    Tossing
Opening     Closing
Object Handling

Copyright Choosy Kids, LLC 2006
Action Awareness

(Action Awareness)  “I am learning WHAT my body does.”

Stabilizing Actions

**SWAY**
Not moving at the bottom,
but moving at the top

**SWING**
Not moving at the top,
but moving at the bottom

Copyright Choosy Kids, LLC 2006
Traveling Actions

**JUMP**  
Blasting off with two feet and landing on two feet

**HOP**  
Blasting off on one foot and landing on the same foot
Traveling Actions

GALLOP  Step, chase…step, chase

SLIDE   Step, chase…step, chase (sideways)
Action Awareness

(Action Awareness) “I am learning WHAT my body does.”

Traveling Actions

Most difficult traveling action? SKIP

Step, Hop...Step, Hop

Copyright Choosy Kids, LLC 2006