**MOVEMENTS**

Topic 3: Locomotor Movements

**Locomotor Movements**

Non-locomotor movement occurring above a stationary base; movement of the body around its own axis (also called axial movement). Non-locomotor skills are the body's movement that does not involve movement from one place to another.

There are several different types of non-locomotor movement including:

**Examples of Locomotor Movements**

1. Bending - involves movement around a joint. An example of bending would be a child who bends at the waist to touch their toes.
2. Stretching - skill that is beneficial because it teaches the importance of warming-up before engaging in any physical activity or sport. Stretching also helps with flexibility and the prevention of injury.
3. Extending - Lifting and raising movements like in arm extensions. Done by straightening or extending any part of the body from the joint.
4. Turning - rotating the body along the long axis. Twisting occurs when different parts of the body cross the mid-line of the body.
5. Raising - elevating a part of the body, usually the arms and legs.
6. Twisting - the rotation of a selected body part around its long axis. Involves arotating movement around the axis of the body, while the base of the body remains stable.
7. Rotating - done by moving a part of the body around the axis.
8. Swinging - movements of certain body parts, or even the whole body, without causing the body to travel. For example, swinging your arms back and forth.

Non-locomotor skills assist with body awareness and spatial awareness such skills allow children to explore the way in which the body can be moved, controlled, or balanced on by the shapes that the body can make.

Non-locomotor movement development in childhood is important in balanced, flexibility, body control.

Quality Check:

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