



# Non-Locomotor Cards



## Directions

- 1) Fold the card in half or cut out the top and bottom of each card.
- 2) Glue, staple, etc., cards so they become a front-and-back card.
- 3) On the back of each card, a written definition is provided for each movement. Also, prompts are provided to encourage students to initiate engagement for each non-locomotor movement.

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*These cards are intended to be used by students to develop the skills, knowledge, and understandings about movements they can use in a variety of contexts.*

### ACKNOWLEDGEMENTS

Locomotor Cards adapted from work by:

Green Gilbert, A. (2015). *Creative dance for all ages* (2nd ed.). Human Kinetics.

Laban, R. (1980). *The mastery of movement* (4th ed.). MacDonald & Evans.





What are the  
different  
ways that you  
can shake?

# Shake

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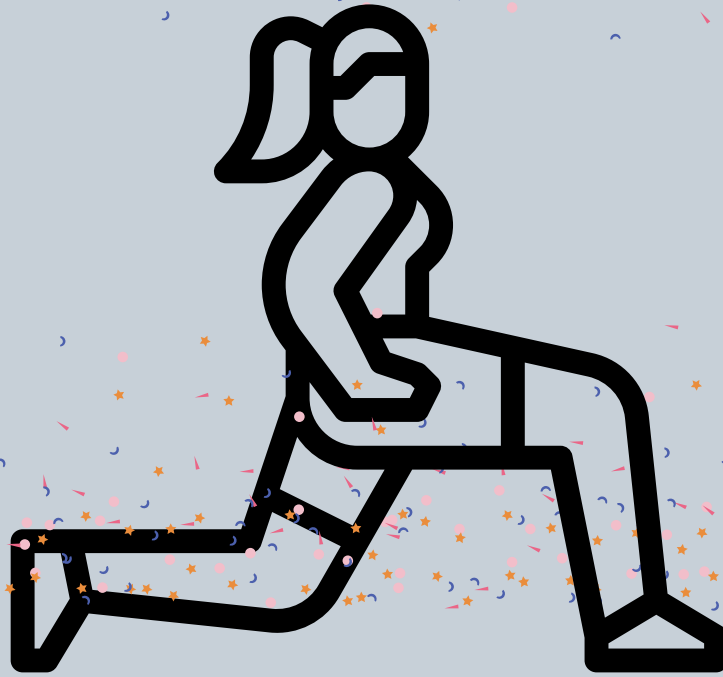
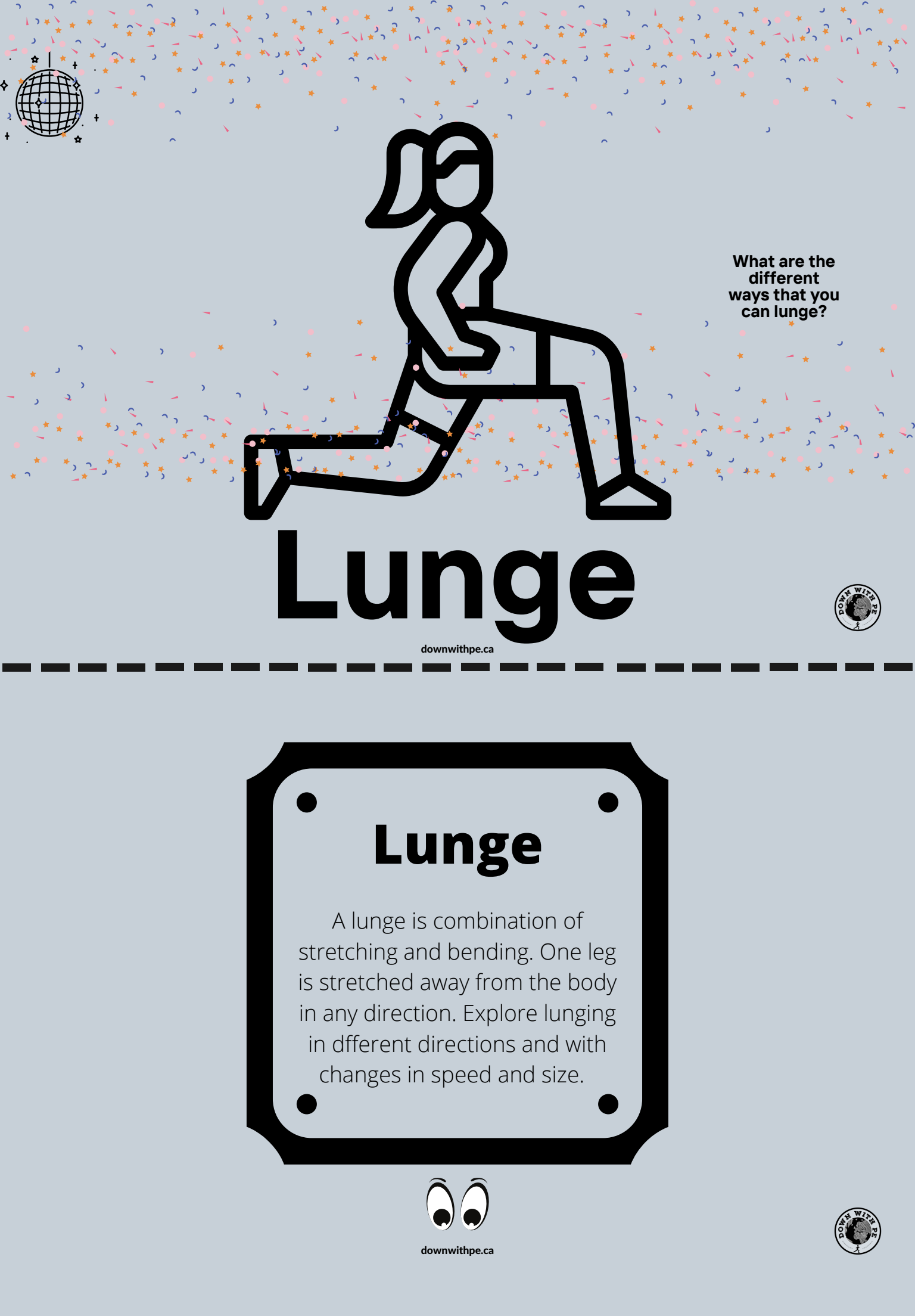
## Shake

A shake is a quick action done by moving body parts quickly back and forth or side to side. Explore shaking in different different directions, levels, and while travelling through space.



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What are the different ways that you can lunge?

# Lunge

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## Lunge

A lunge is combination of stretching and bending. One leg is stretched away from the body in any direction. Explore lunging in different directions and with changes in speed and size.



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What are the  
different  
ways that you  
can you  
slash?

# Slash

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## Slash

A slash is a sharp, strong movement. Think of it like fighting with a sword or like slicing fruit. Try slashing at various levels, in different directions, and with isolated parts of your body.



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What are the  
different  
ways that you  
can you  
stretch?

# Stretch

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## Stretch

A stretch is an extension of the body. Explore stretching in self space and general space. Try stretching at different speeds, directions, and at different levels.



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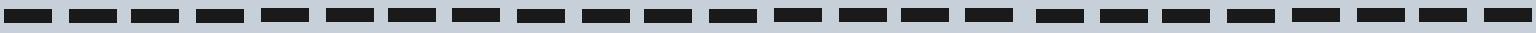




What are the different ways that you can bend?

# Bend

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**Bend**

A bend brings two body parts closer together. Explore bending while moving in self and general space and at different levels and speeds.



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What are the  
different  
ways that you  
can you  
twist?

# Twist

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## Twist

A twist rotates a part or parts of your body. You can twist in different directions. Explore twisting smoothly and sharply and with as many body parts as possible.



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What are the different ways that you can swing?

# Swing

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## Swing

A swing is when you move a body part in an arc or a circle. The arms can swing from the shoulder, the head from the neck, and a leg from the hip. Explore swinging at different speeds and with different weight (light and strong).



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What are the  
different  
ways that you  
can you  
push?

# Push

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## Push

A push is a movement away from the center of the body. A push starts with a bend and then extends to a stretch. Explore pushing body parts in different directions using different speeds and weight.



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What are the  
different  
ways that you  
can you pull?

# Pull

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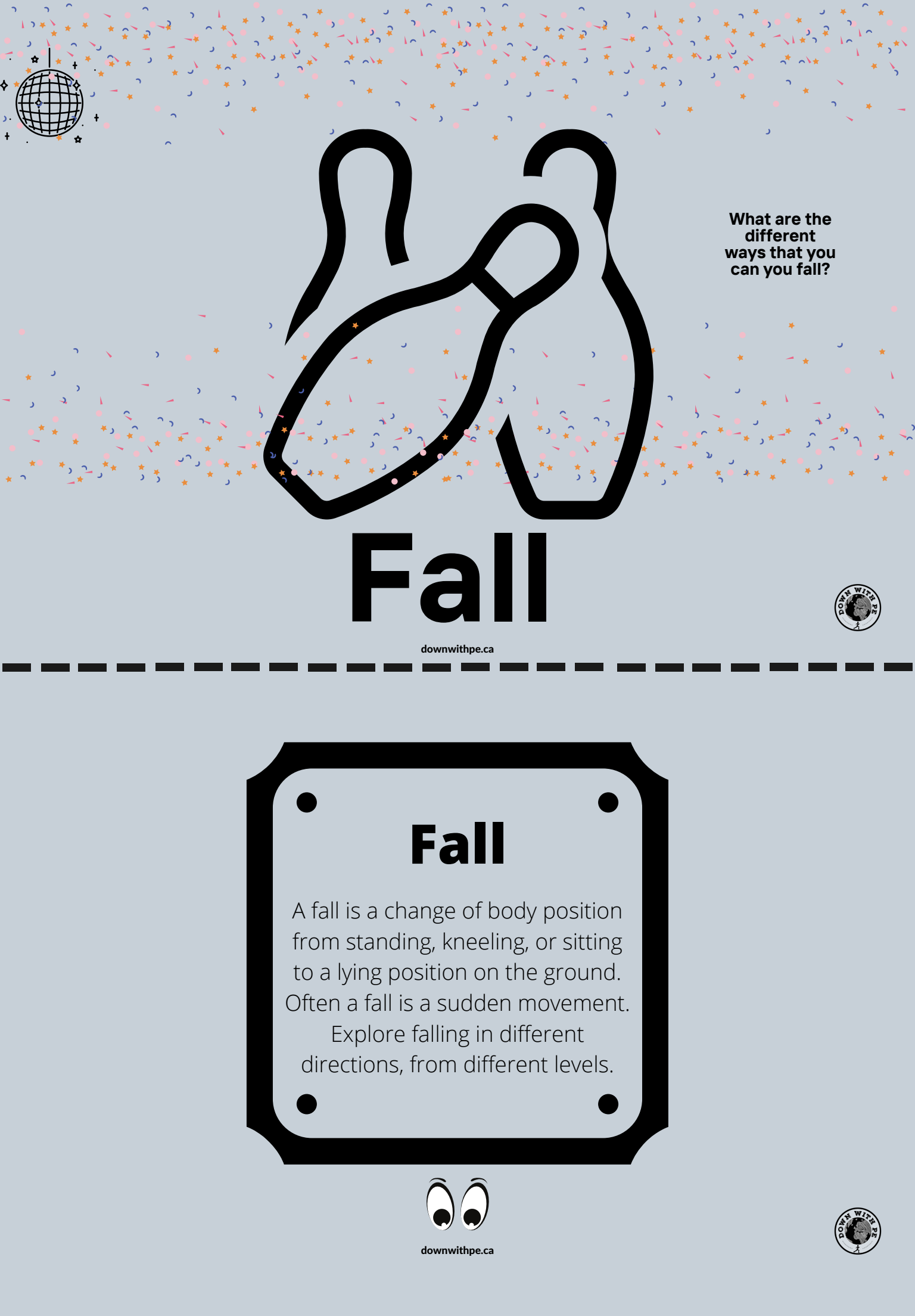
**Pull**

A pull is a movement toward the center of the body. A pull starts with a stretch and then moves to a bend. Explore pulling body parts in different directions using different speeds and weight.



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What are the  
different  
ways that you  
can you fall?

# Fall

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**Fall**

A fall is a change of body position from standing, kneeling, or sitting to a lying position on the ground. Often a fall is a sudden movement.

Explore falling in different directions, from different levels.



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What are the  
different  
ways that you  
can you melt?

# Melt

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## Melt

A melt is a change of body position from standing, kneeling, or sitting to a lying position on the ground.

This is a gradual fall that moves like a liquid. Explore melting in different directions, from different levels.



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What are the  
different  
ways that you  
can you float?

# Float

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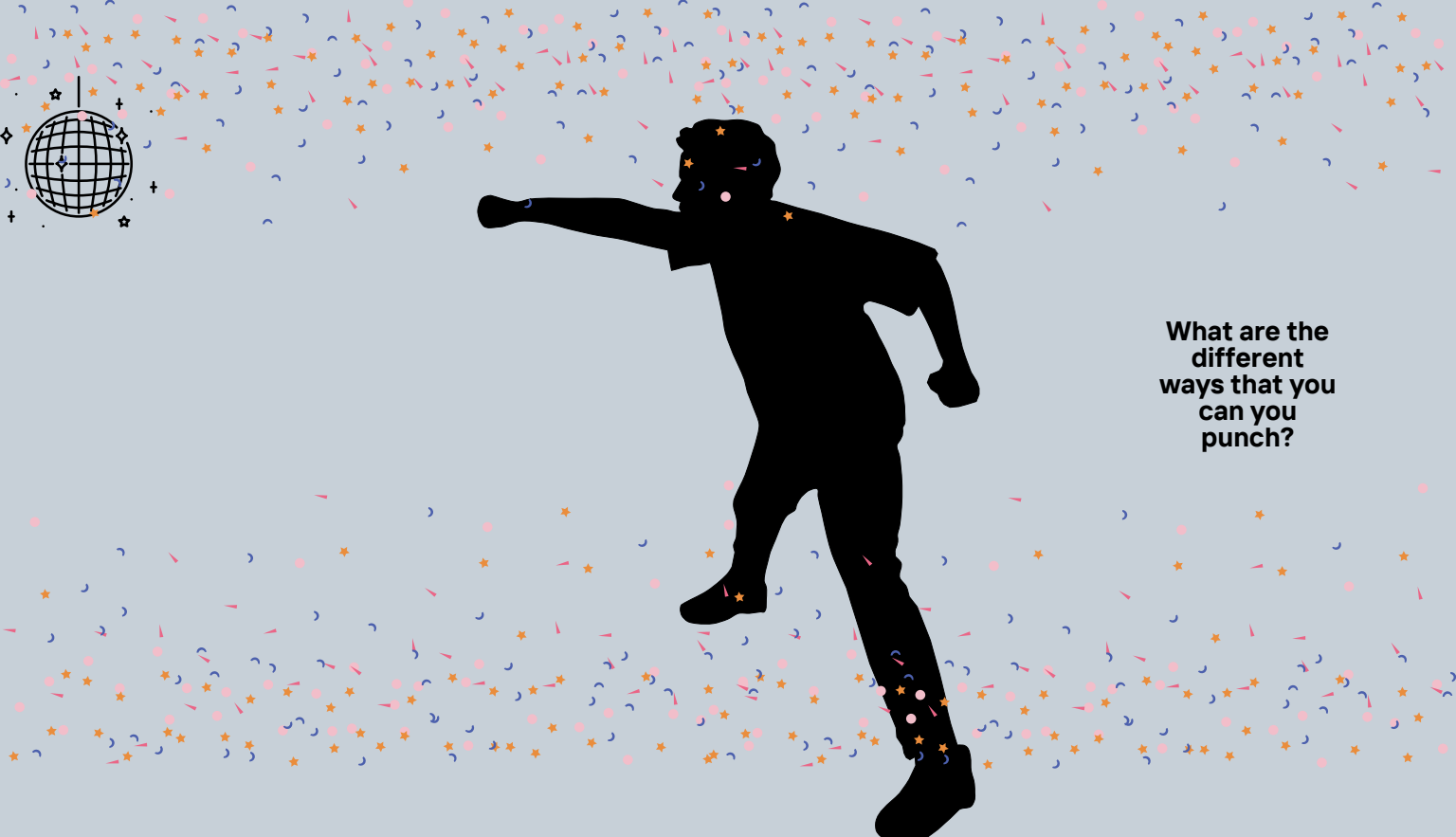
## Float

A float is a smooth, light movement that moves through several directions and planes. Explore floating at different levels, in different directions, and with changes in size and rhythm.



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What are the  
different  
ways that you  
can you  
punch?

# Punch

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## Punch

A punch is a strong, sharp, and direct movement. Explore punching on various levels, in different directions, using a variety of speeds.



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What are the  
different  
ways that you  
can you flick?

# Flick

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## Flick

A flick is a sharp and light movement. You cannot change the weight, speed, or energy of a flick. Explore flicking with different body parts, in various directions, and with changes in rhythm and size.



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What are the different ways that you can dab?

# Dab

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**Dab**

A dab is a sharp, light, and direct movement. Explore dabbing with various body parts, on various levels, in various directions. Try making changes in rhythm and size.



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What are the  
different  
ways that you  
can you kick?

# Kick

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## Kick

A kick is a strong, sharp, and direct movement. Explore kicking at various levels, in different directions, using a variety of speeds.



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What are the  
different  
ways that you  
can you turn?

# Turn

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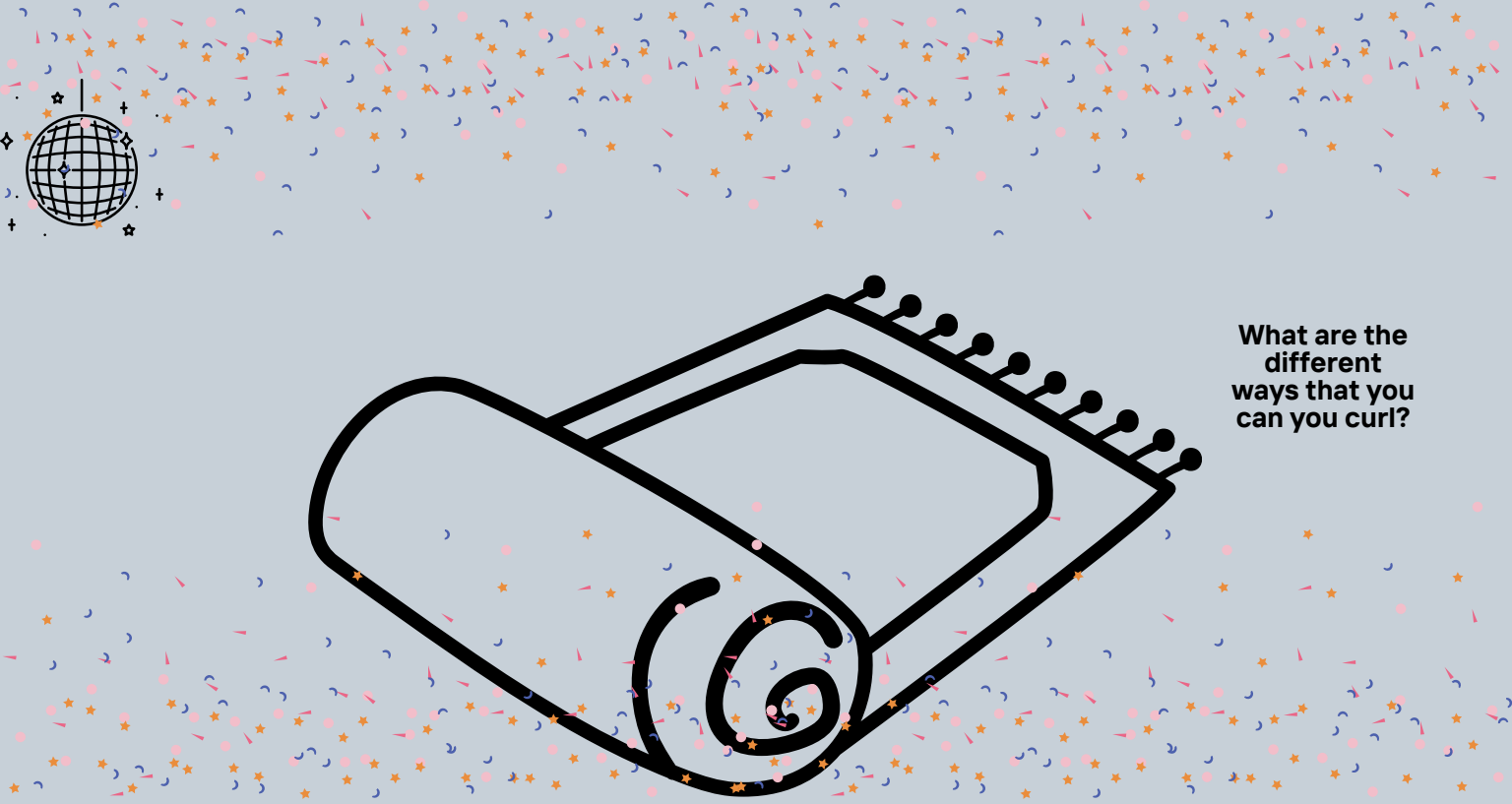
## Turn

A turn is a movement that allows the whole body to face a new direction. A turn often begins with a twist. Explore turning in different ways by making quarter, half, three-quarter, or whole turns.



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What are the different ways that you can curl?

# Curl

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## Curl

A curl is a movement that brings body parts closer together.

Explore pulling different body parts into the center of your body.

Curl on different levels, using different body parts, and with changes in size and speed.



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What are the  
different  
ways that you  
can you rock?

# Rock

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## Rock

A rock movement transfers weight from one body part to another. It can be side to side, or front to back. Explore rocking while standing, sitting, or lying down, while moving in different directions and at different speeds.



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What are the  
different  
ways that you  
can you  
sway?

# Sway

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## Sway

A sway transfers weight from one body part to another with the body relaxed while moving slowly.

Explore swaying in different directions, on different body parts and levels, and with changes in size and weight.



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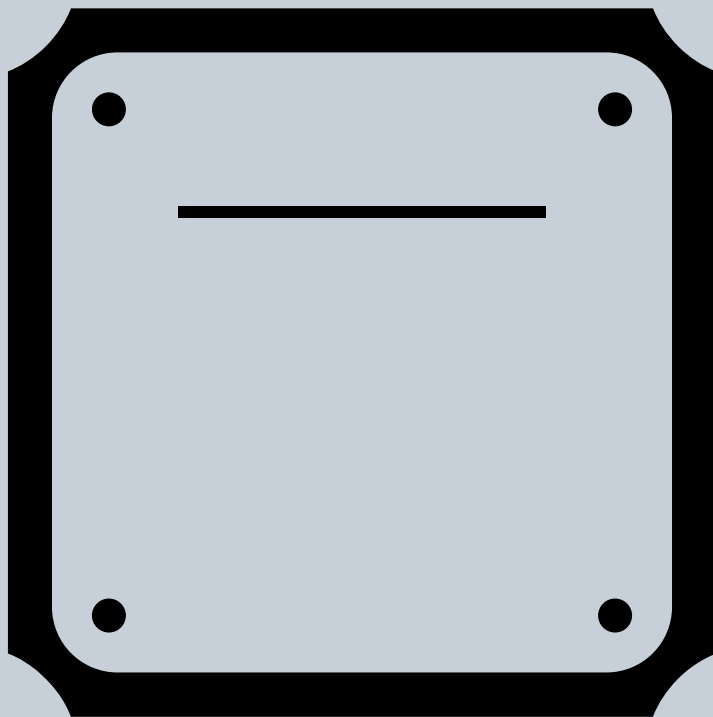




**What are the different ways that you can move in this way?**



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