






Categorizing Basic Motor Patterns

Perceptual-Motor Abilities <i>Receiving, interpreting & responding to sensory input</i>	Locomotor Skills * <i>Moving body from place to place</i>	Nonlocomotor Skills <i>Moving body in place</i>	Object Control Skills <i>Sending & receiving objects with body</i>	Sport Skills <i>Applying motor skills to particular situations</i>
				
Balance	Walking (1)	Bending	Bouncing	Batting
Body image	Running (2)	Curling	Catching	Bowling
Directionality	Jumping (2.5)	Rocking	Dribbling	Fielding
Eye-foot coordination	Leaping (2.5)	Spinning	Kicking	High jumping
Eye-hand coordination	Galloping (2.5)	Stretching	Rolling	Long jumping
Laterality	Hopping (3)	Swaying	Striking	Pitching
Spatial orientation	Sliding (4)	Turning	Throwing	Punting
	Skipping (5)	Twisting	Tossing	Serving
			Volleying	Spiking

* Numbers indicate approximate age of onset.

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