

# BUPA START TO MOVE



**Developing physical literacy skills in all children**

**STABILITY  
OBJECT CONTROL  
LOCOMOTION**



[www.starttomovezone.com](http://www.starttomovezone.com)

 **Youth Sport Trust**

working in partnership

# STABILITY



## DEFINITION:

**body balance in static and dynamic movement situations**

Standing, lying, sitting, stopping, landing, static balance, dynamic balance, pivoting, twisting, lunging, bending, stretching, turning, inversion





# OBJECT CONTROL



## DEFINITION:

**sending, receiving and  
controlling an object**

Reaching, grasping, gripping, releasing, lifting, carrying, placing, passing from hand to hand, sending, receiving, rolling, bouncing, dribbling





# LOCOMOTION



## DEFINITION:

**movement from one point to another**

Crawling, rolling, stepping, walking, jogging, running, jumping, climbing, hopping, galloping, leaping, skipping, rolling, swimming

