

# DTE - DC - PHYSICAL EDUCATION

## FURTHER READING

### NON-LOCOMOTOR SKILLS

**Non-locomotor skills** are movements performed without traveling from one place to another. These skills focus on body control, balance, and coordination while staying in one position.

#### Importance of Non-Locomotor Skills

- a) Improve body awareness and coordination
- b) Enhance flexibility and stability
- c) Develop postural control and strength
- d) Support locomotor and manipulative skills in sports and daily activities

#### Examples of Non-Locomotor Skills

1. **Bending** – Moving a body part toward another part (e.g., bending the knees or elbows).
2. **Stretching** – Extending body parts to increase flexibility.
3. **Twisting** – Rotating a body part without moving the whole body (e.g., turning the torso).
4. **Turning** – Rotating the entire body around an axis.
5. **Swinging** – Moving back and forth in a smooth motion (e.g., arm swings).
6. **Swaying** – Shifting the body from side to side in a slow, rhythmic motion.
7. **Pushing** – Applying force to move an object or resist a force.
8. **Pulling** – Drawing an object or body part toward oneself.
9. **Balancing** – Maintaining a stable position, often on one leg or with arms extended.
10. **Rising/Falling** – Moving the body upward or downward smoothly (e.g., standing up or squatting down).