

Grade 3 Dance: Anchor Chart - Non-Locomotor Movements

- poke
- lift
- punch
- flick
- float
- glide
- press
- carve
- curl
- lunge
- slash
- dab
- wring
- shake
- rise
- kick
- squish
- explode
- bend
- twist
- sway
- turn
- spin
- dodge
- reach
- sink
- burst
- wiggle
- stretch
- swing
- push
- pull
- fall
- melt
- fold
- crumble