



catch

fall

kick

flip

hit

row

sail

drive

jump

throw





swim

roll

push

pull

touch

shoot

Surf

stretch

dive

bounce





- balance
- fly
- dodge
- ride
- cycle
- Jump rope
- bend
- spin
- block



 **LIVEWORKSHEETS**



hold

pass

hop

climb

Raise/lift

punch

jog

run

Score point

twist

