

## Skill Themes Used in Sports

### NC Healthful Living Standard Course of Study 2006

	Aerobics	Basketball	Football	Dance	Golf	Hockey	Martial Arts	Rock Climbing	Soccer	Softball	Tennis	Track and Field	Tumbling	Ultimate Frisbee	Volleyball
Traveling	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Chasing/ Fleeing		X	X			X	X		X	X				X	
Jumping/ Landing	X	X	X	X			X	X	X	X	X	X	X	X	X
Balancing	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Transfer Weight	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Rolling			X	X		X	X						X		X
Kicking	X		X	X			X		X						
Punting			X						X						
Throwing		X	X						X	X	X	X		X	
Catching		X	X						X	X				X	
Volleying									X						X
Dribbling		X				X			X						
Striking (sticks, racquets, clubs)					X	X				X	X				

*Chart slightly adapted from "Children Moving" by Dr. George. Graham, Penn State*