

ACTION VERBS

1. Advance – Move forward
2. Bend – to move a part of the body so that it is no longer straight
3. Clap – to strike the palms of the hands together
4. Crawl – to move forward on hands and knees, with your body close to the ground.
5. elevate – to raise your arms or your legs, for example.
6. Extend – to stretch part of your body, especially an arm or leg, away from yourself
7. Hit – to bring your hand against sth quickly and with force
8. Jump – to propel oneself upwards using one's feet/ to move quickly off the ground by pushing yourself with your legs and feet
9. Kick – to strike with your foot
10. Kneel- to be in your knees or move into a position where your body is supported on your knee(s)
11. Lean – to incline the body to one side
12. Lie down- to be or get into a flat position
13. Lift – to raise something using one's strength
14. Nod – to move the head up and down to indicate agreement
15. Point – to extend the index finger in a particular direction
16. Punch – to strike with a closed fist
17. Pull- to move your body in a particular direction
18. Push- to use your hands, arms or body to make sth/sb move forward
19. Run – to move quickly on foot
20. Sit – to rest one's weight on one's buttocks and thighs
21. Slide – to move quietly
22. Stand – to support oneself on one's feet
23. Start- to begin doing sth
24. Stop- not to move
25. Stretch – to extend one's limbs or body to full length
26. Throw – to propel something through the air using one's arm
27. Touch – to come into contact with something using one's hand or body
28. Turn – to rotate or cause to rotate
29. Walk – to move on foot at a moderate pace