

## Movement Skills in Physical Activities

List three physical activities that involve the specific movement skill indicated. The first ones have been done for you. You will need this list to refer to when you are doing the 'Applying Biomechanical Principles to Activity' assignment.

### Transport

1. Running the bases in baseball

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2.

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3.

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4.

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### Manipulation

1. Dribbling a basketball

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2.

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3.

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4.

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### Balance

1. Performing a headstand

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2.

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3.

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4.

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### Activities that involve all three

1. Performing a lay-up in basketball

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2.

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3.

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4.

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