Basic Movement Patterns – Locomotor Skills – 1.3 *Date: _____*

Jumping Forward & Sideways & Landing

Control: The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	Extending Arms upward upon takeoff	Arms Reach Full Extension about head height at lift off	Extending the Hips, Knees, and Ankles Fully at take off, body at 45° or less	Moving Legs Forward and Arms Downward in preparation for landing	Landing with Heels contacting ground first, rolling through entire foot	Knees Flexed and Body Thrusting Forward to maintain momentum to carry centre of gravity forward beyond feet

Running

***Control**:* The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	Trunk Leaning forward slightly Moving Foot opposite to arm that swings	Swinging Arms through large arc – forward and backward, close to sides, from shoulders	Bending Knees slightly after ground contact	Leg Pushing body forward and upward swinging through quickly with knee facing forward	Contacting Floor with heel of foot first, then quickly rolling through entire foot

Walking (Forward & Backward)

Control: The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	Moving Smoothly with little bounce	Swinging Arms through small arc – forward and backward, close to sides, from shoulders	Toes Facing straight ahead with feet spaced slightly apart	Holding Head in line with spine	Moving Foot Opposite to arm that swings

Rolling Forward

Control: The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	Hands and Arms Receiving	Neck Non-weight Bearing keeping chin tucked to chest	Curved Back keeping body curled	Weight Moves to Feet

Rolling Sideways

Control: The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	Roll Sideways with arms stretched above head	Keeping Body in Straight Line with feet together	Keeping Straight Line of Direction	Roll Sideways Consecutively Twice with knees, ankles in contact with mat	Keeping Body Tucked with arms hugging legs with curved back	Ending with Knees and Ankles in Contact with Mat

Galloping

Control: The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	Gallop 5 Times in Sequence	Lifting and Bending Lead Leg	Thrusting Lead Leg Forward	Landing on Lead Foot	Shifting Weight from lead foot to rear foot into next gallop

Hopping

Control: The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	Hop 5 times on Same Foot bending knee and ankle on contact with floor	Keeping knee bent slightly throughout movement	Switching Feet to continue forward hopping motion

Jumping Backward and Landing

Control: The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	Swinging Arms Backward upon takeoff	Extending hips, knees and ankles fully at takeoff with body angled at 45 ° or less	Preparing for Landing moving legs backward, arms downward	Landing with toes contacting ground first, followed by balls of feet and heels	Maintaining Control of the center of gravity by flexing knees and leaning forward

Leaping

Control: The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	Leap Forward 5 Times in Sequence	Extending Body Forward and Upward	Swinging Arms through, large arc-synchronized opposition to legs	Bending Knee and Ankle in contact with the floor to move to the next leap

Skipping

Control: The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	Skip Forward 5 Times Using Step-Hop Sequence	Stepping Forward with Rear Leg hopping on same foot	Alternating Arms During Sequence thrusting forward in opposition to legs

Sliding

Control: The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	Slide Sideways (both directions) stepping with lead foot quickly in direction of travel	Move Free Foot quickly to lead foot	Shift Weight from lead foot to free foot in direction of travel

Rolling Backward

Control: The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	Roll in Backward Direction Start in standing position, bringing hands to ears while bending knees and lowering through to seated tuck, back rounded and chin to chest	Placing Hands on floor by shoulders with palms down and fingers pointing toward shoulders	Staying Tucked lifting hips and pushing with the hands against the mat	Extending Arms to keep weight off the neck and head while remaining tucked	When Feet Touch the Floor extend legs and stand up