Basic Movement Patterns – Non-locomotor Skills – 1.4 *Date: _____*

Jumping and Landing on Feet on the Spot

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

Student Name	Flexing hips, knees, and ankles in a crouch position	Arms Extending vigorously forward, then upward, reaching full extension above head at lift off, extending body fully	Landing with ankles extended, contacting ground with balls of feet first, then heels, flexing hips, knees and ankles to absorb the shock of landing	Two-Foot Landing keeping balance after jumping straight up

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SOUTH EAST CORNERSTONE SCHOOL DIVISION #209

Balancing

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	Holding the Body Still on increasingly smaller bases of support	Tightening the Muscles of the free body parts	Extending Free Body Parts for stability	Demonstrate a variety of ways to twist, turn, stretch, bend, and curl the body standing on two feet keeping balance

Landing on Hands from Kneeling Position

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	Contacting Surface with Fingertips, then heels of hands while falling forward	Bending Elbows gradually and slightly away from body	Lowering Self with very little sound as body contacts surface

Rotating on the Spot

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	Turning on the Spot place one foot slightly in front of other, raise onto toes of both feet	Holding Arms held out at shoulder height during movement	Turning Body as far as possible in direction of the back foot (opposite of start direction)	Turning Body Back to original direction then lower arms and heels	¼ Jump Turning with correct rotation	Maintaining Balance throughout movement

Landing on Hands from Standing Position

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	Landing on Hands from a Bent Knee Standing Position by falling forward onto a mat	Contacting the Surface with Finger Tips then Heels of Hands	Elbows Bending Slightly away from the body	Lowering Self with very little sound as body contacts the surface