

Locomotor Skills Practice

Practice Your Locomotor Skills Every day! Can you form a pattern using several different skills together?

LEAP



CUES:

- Stand with feet shoulder width apart
- Bend knees slightly
- Do a long jump off one foot and land on the opposite foot
- Keep eyes up and forward

RUN



CUES:

- March high, lift knees to waist
- Push your toes off the ground
- Swing hands from low to high fast (hips to ears)
- Keep head and chin straight ahead

WALK



CUES:

- Stand with feet shoulder width apart
- Step forward with lead foot
- Keep feet apart and don't cross them
- Keep eyes up and forward

JUMP



CUES:

- Stand with feet shoulder width apart
- Keep hands on sides
- Bend knees slightly
- Explode up with legs
- Bend knees when landing

HOP



CUES:

- Balance on one foot
- Keep other foot off the ground
- Have arms to sides to help balance
- Bend knees when hopping off ground and when landing
- Keep eyes up and forward

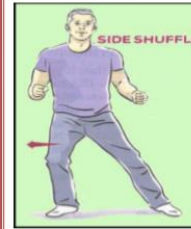
SKIP



CUES:

- Stand with feet shoulder width apart
- Step forward with your lead foot and hop
- Repeat pattern on opposite foot
- Keep eyes up and forward

SLIDE



CUES:

- Stand with feet shoulder width apart
- Bend knees slightly
- Step to the side with lead foot
- Back foot chase to catch lead foot

GALLOP



CUES:

- Stand with feet shoulder width apart
- Step forward with lead foot
- Take long slide forward
- Back foot chase to catch lead foot
- Close feet fast together