|  |
| --- |
| Locomotors-Grade 2 |
| 3Learning Goal | **Students:*** **3A-** Skip using a mature pattern (all five critical elements) **(S1.E1.2)**
* Step hop pattern is smooth and coordinated
* Arms are used in the hopping action and are coordinated throughout the action
* The student lands on their toes
* The non-support knee is lifted sharply upward
* Action is then repeated on the opposite leg
 | Freeze/Dance, Dead bugs, I see/I see, warm-up movement cubes, locomotor exercises |
| 2 | **Students:** * Skip using three of the five critical elements
 |  |

|  |
| --- |
| Locomotors-Grade 1 |
| 3Learning Goal | **Students:*** **3A-** Hops(on one foot), gallops, jogs, and slides using a mature pattern **(S1.E1.1)**
 | Freeze/Dance, Dead bugs, I see/I see, warm-up movement cubes, locomotor exercises |
| 2 | **Students:*** **2A-** Demonstrate three out of the five critical elements for Hopping, Galloping, Jogging, and Sliding
 |  |

|  |
| --- |
| Locomotors-Kindergarten |
| 3Learning Goal | **Students:** * **3A-**Performs locomotor skills (hopping, galloping, jogging, sliding, skipping) while maintaining balance **(S1.E1.K)**
 | Freeze/Dance, Dead bugs, I see/I see, warm-up movement cubes, locomotor exercises |
| 2 | **Students:*** **2A-** Performs locomotor skills (hopping, galloping, jogging, sliding, skipping), with inconsistent balance
 |  |

**1. Mature Pattern for Hopping on ONE foot 2. Mature Pattern for Gallop**

**Five Critical Elements: Five Critical Elements:**

-Non-hopping leg is used to support the take off and momentum of the hop -Moves in a forward direction

-Body leans forward over the hopping foot -Display rhythmic arm movements with in opposition to legs

-Arms are coordinated with take-off moving forwards and upwards -Hips (torso) facing forward

-Support leg’s knee flexes in landing -Momentarily airborne

-Hopping action is continuous and rhythmical -Keeps trail leg behind lead leg without cross over

**3. Mature Pattern for Jog 4. Mature Pattern for Sliding**

**Five Critical Elements: Five Critical Elements:**

-Arm-leg opposition throughout jogging action -Moves in a sideways direction

-Toes point forward and foot lands heel to toe -Displays rhythmical arm movements in opposition of legs

- Arms swing forward and backward—no crossing of midline -Turns hips, eyes, and shoulder, face forward (not in direction of movement)

-Trunk leans slightly forward -Keeps trail leg behind lead leg

-Demonstrate a steady gentle pace -Can slide with either leg as the lead