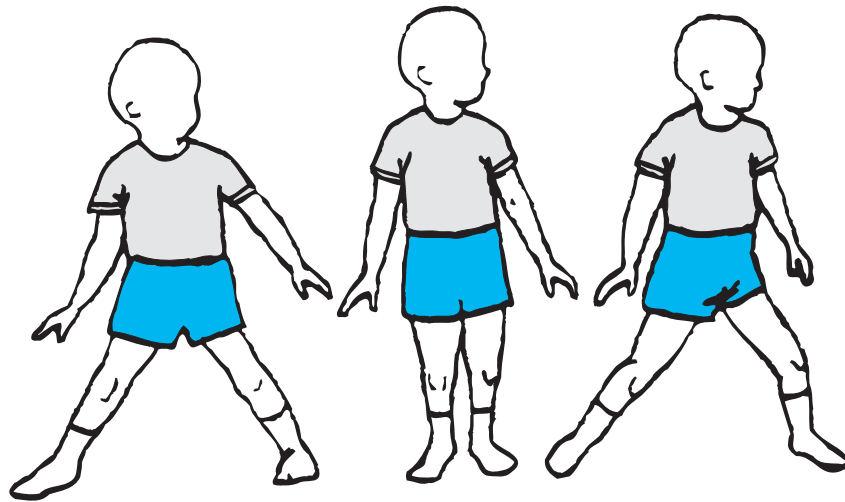
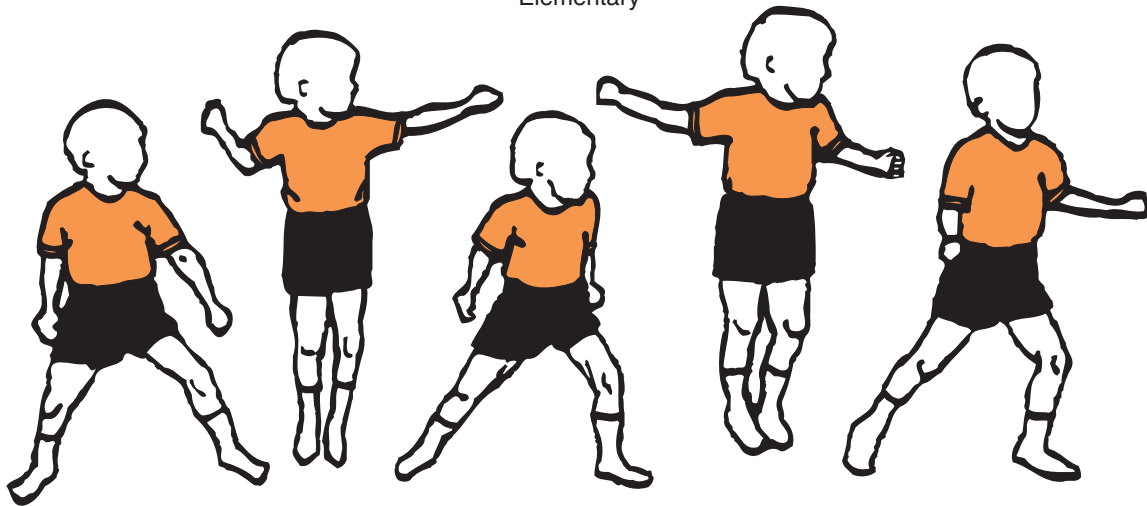


I. Galloping and sliding	
A Initial stage	<ol style="list-style-type: none"> 1. Arrhythmical at fast pace 2. Trailing leg often fails to remain behind and often contacts surface in front of lead leg 3. Forty-five degree flexion of trailing leg during flight phase 4. Contact in a heel-toe combination 5. Arms of little use in balance or force production
B Elementary stage	<ol style="list-style-type: none"> 1. Moderate tempo 2. Appears choppy and stiff 3. Trailing leg may lead during flight but lands adjacent to or behind lead leg 4. Exaggerated vertical lift 5. Feet contact in a heel-toe, or toe-toe, combination 6. Heel-toe contact combination 7. Arms not needed for balance; may be used for other purposes
C Mature stage	<ol style="list-style-type: none"> 1. Moderate tempo 2. Smooth, rhythmical action 3. Trailing leg lands adjacent to or behind lead leg 4. Both legs flexed at 45-degree angles during flight 5. Low flight pattern 6. Heel-toe contact combination 7. Arms not needed for balance; may be used for other purpose
II. Developmental difficulties	
<ol style="list-style-type: none"> A. Choppy movements B. Keeping legs too straight C. Exaggerated forward trunk lean D. Overstepping with trailing leg E. Too much elevation on hop F. Inability to perform both forward and backward G. Inability to lead with non-dominant foot H. Inability to perform to both left and right I. Undue concentration on task 	

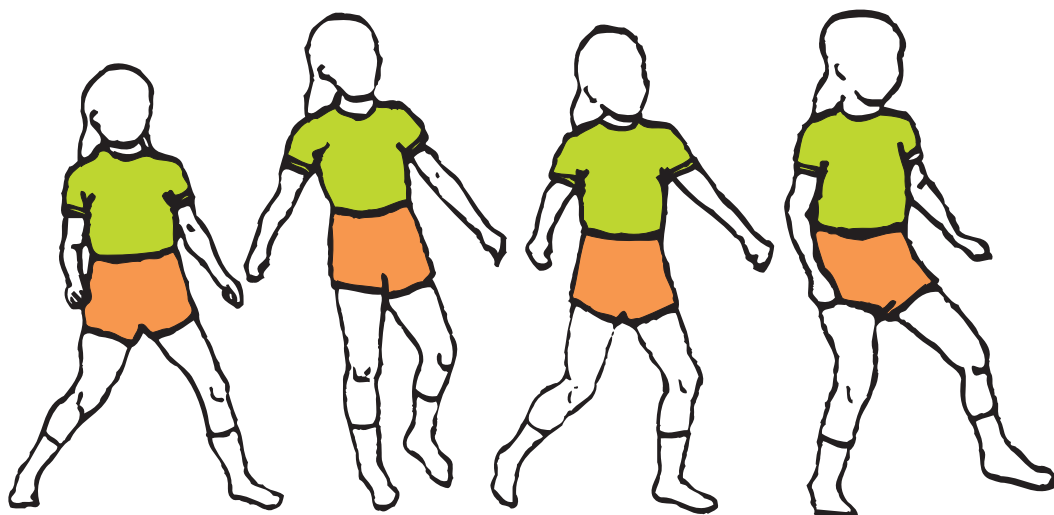
Initial



Elementary



Mature



From F. Cleland Donnelly, S.S. Mueller, and D.L. Gallahue. 2017, *Developmental physical education for all children: theory into practice*, 5th ed. (Champaign, IL: Human Kinetics).