

FOCUS►

Subfocus►

LOCOMOTOR SKILLS

Space Awareness

Grades K-3

Standard 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Grade-Level Outcomes

- Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance (S1.E1.K)
- Performs jumping and landing actions with balance (S1.E3.K)

Lesson Objectives

The learner will:

- Travel in general space without bumping others or falling down
- Travel in general space with a variety of locomotor skills
- Identify the basic locomotor skills (hopping, galloping, running, sliding, skipping, leaping) when they are demonstrated correctly by the teacher or another student

Note: Although locomotors are critical to the foundational skills of physical education, they are rarely the focus of an entire 30-minute lesson for young children. The following guidelines will help in planning for their mastery at the designated grade level:

- At the kindergarten level, students are encouraged to travel safely in general space; locomotors are introduced without expectation of mastery.
- Demonstration and lots of repetition are often the best ways for young children to learn the proper execution of a locomotor skill.
- For most students the progression for mastering locomotors is hopping, galloping, sliding, skipping, and leaping. Running is a naturally occurring skill for young children, but a mature pattern of running develops with appropriate teacher-guided practice and a focus on critical elements.

The following lessons are designed for 8 to 10 minutes at the beginning of the 30-minute physical education lesson for the introduction and practice of locomotors. The remainder of the lesson is focused on another skill category, such as manipulatives or nonlocomotors.