

## LOCOMOTOR MOVEMENT

### Performance Standard 19A.C

Perform locomotor movements accordingly:

- *Knowledge*: Know eight locomotor movements (i.e., run, walk, leap, jump, hop, gallop, slide, and skip).
- *Performance*: Perform eight locomotor movements.

### Procedures

1. *In order to demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities (19A)*, students should experience sufficient learning opportunities to develop the following:

- Demonstrate a proper form while executing all locomotor and non-locomotor movements.

Note: Explain and describe the focal points of each locomotor movement. Provide students with opportunities to practice each locomotor movement. Practice using the checklist several times while observing students prior to using the checklist for formal assessment.

2. Use a video camera to record student performances if you want to monitor continuous improvement.
3. Assess each skill at the end of a unit of instruction rather than at the end of the year.
4. Ask each student to perform each locomotor movement individually.
5. Score the performance while the student is performing or while viewing the videotape.
6. Evaluate each student's performance using the "Locomotor Movement" rubric as follows:
  - *Knowledge*: The knowledge dimension was demonstrated in the performance.
  - *Performance*: Performed all eight locomotor movements completely and correctly.

Note: Place a checkmark on the line in front of a specific criterion if the criterion is observed during the performance. Count the total number of checkmarks to determine the level of performance. There are eight locomotor movements on the checklist. Each locomotor movement has four criteria for a total of 32 possible points. It is essential that each locomotor movement be assessed.

### Examples of Student Work

- [Meets](#)
- [Exceeds](#)

### Time Requirements

- One or two class periods

### Resources

- Gymnasium or open space in which to practice the locomotor movements and to administer the test
- Video camera and videotape (optional)
- Numbers for the front and back of student
- Locomotor Movement Checklist

## LOCOMOTOR MOVEMENT

NAME \_\_\_\_\_ DATE \_\_\_\_\_

- Exceeds = all points in 8 locomotor skills       Approaches = all points in 4 - 5 locomotor skills  
 Meets = all points in 6 locomotor skills       Begins = all points 1 – 3 locomotor skills

### KNOWLEDGE/PROCESS

#### Run

1. \_\_\_ Knee of non-support leg bent more than 90 degrees
2. \_\_\_ Feet placed in a straight line (within 2" either side of a line)
3. \_\_\_ Correct foot placement (heel/toe-slow & toe/heel-fast)
4. \_\_\_ Arms bent and move in opposition to legs

#### Walk

1. \_\_\_ Feet placement in a straight line (within 2" either side of a line)
2. \_\_\_ Foot placement is heel/toe
3. \_\_\_ Body is carried erect
4. \_\_\_ Arms move in opposition to legs

#### Leap

1. \_\_\_ Take off of one foot and land on the other
2. \_\_\_ Land on lead foot without losing balance
3. \_\_\_ Legs straight and at more than 90 degree angle after takeoff
4. \_\_\_ Body is carried upright

#### Jump

1. \_\_\_ Prepare for jump by bending knees
2. \_\_\_ Take off of two feet simultaneously
3. \_\_\_ Use arm and leg thrust for height and/or distance
4. \_\_\_ Land, in balance, on two feet

#### Hop

1. \_\_\_ Non-support leg carried near mid-line of body, slightly bent
2. \_\_\_ Take off of one foot, and repeatedly push off a minimum of four times on that foot
3. \_\_\_ Arms bent about 90 degrees in front of body on push off phase
4. \_\_\_ Body is carried upright

#### Gallop

1. \_\_\_ Step with lead foot followed by step with rear foot, slightly behind heel of lead foot
2. \_\_\_ Brief time of non-support during weight transfer
3. \_\_\_ Arms flexed at waist level help lift body during weight transfer
4. \_\_\_ Body is carried upright

#### Slide

1. \_\_\_ Body turned sideways toward desired direction of travel
2. \_\_\_ Body is carried upright
3. \_\_\_ Weight transfer from trailing foot to lead foot along a straight line
4. \_\_\_ Sides of feet come together prior to weight transfer

#### Skip

1. \_\_\_ Perform a series of step hops with alternate feet while maintaining upright body position
2. \_\_\_ Arms swing in opposition to the feet about waist level
3. \_\_\_ Movement is done on the balls of the feet
4. \_\_\_ Body is carried upright