

Locomotor Sequencing (K)

Summary

Students must listen and follow directions. They will perform locomotor movements based upon those directions.

Group Size

Individual

Life Skills

Thinking & Reasoning, Communication, Social & Civic Responsibility

Background for Teachers

Complete knowledge of proper locomotor form and the ability to teach it to the children correctly.

Intended Learning Outcomes

Understand rules of the activity, experience new challenges and comprehend the new vocabulary being introduced.

Instructional Procedures

The teacher or the designated leader will give the class a variety of locomotor activities to complete, such as:

- walk on a line
- hop on one foot
- jump
- take a step for each month in the year
- run in place
- slide three steps

Strategies for Diverse Learners

To challenge a child, offer them the chance to add to the locomotor movement, e.g. when you hop, turn in a circle with your arms outstretched.

Students that are struggling should try the basic locomotor movements only.

Authors

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