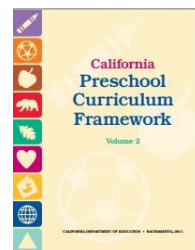




## HANDOUT 12

### Locomotor Substrand and Example Worksheet



## Physical Development Domain

### Fundamental Movement Skills:

### Substrand 2.0 Locomotor Skills and Examples

<i>At around 48 months of age</i>	<i>At around 60 months of age</i>
<b>2.1</b> Walk with balance, not always stable, oppositional arm movements still developing, and relatively wide base of support (space between feet).	<b>2.1</b> Walk with balance, oppositional arm movements, and relatively narrow base of support (space between feet).
Examples	Examples
<ul style="list-style-type: none"> <li>Walks up stairs, using alternating feet, without support.</li> <li>Child with leg braces walks down stairs with support from wall or handrail.</li> <li>Attempts to follow lines or simple patterns on the floor. Pretends to be a tightrope walker in a balancing act in the circus, waving arms to maintain balance.</li> </ul>	<ul style="list-style-type: none"> <li>Walks down steps, alternating feet, without support.</li> <li>Follow more complicated patterns on the floor; for example, a zigzag pattern in the carpet.</li> <li>Follows a line or simple pattern on the floor, using slow and then fast walking movements when prompted.</li> <li>Balances beanbags on different parts of the body while walking along pathways taped in straight and circular lines.</li> </ul>
<b>2.2</b> Run with short stride length and feet off the ground for a short period of time. May show inconsistent opposition of arms and legs.	<b>2.2</b> Run with a longer stride length and each foot off the ground for a greater length of time. Opposition of arms and legs is more consistent.
Examples	Examples
<ul style="list-style-type: none"> <li>Runs unevenly; one arm may pump more.</li> <li>Runs but has difficulty stopping with control; for example, while playing tag, runs and has difficulty stopping at the intended location.</li> <li>Runs with feet flat on the ground.</li> </ul>	<ul style="list-style-type: none"> <li>Runs evenly, arms pumping in opposition.</li> <li>Runs and stops with control; for example, while playing tag, stops at intended location.</li> <li>Runs lightly on toes.</li> <li>Zigzags when running in the yard to avoid structures and playmates.</li> </ul>

## HANDOUT 12

### Locomotor Substrand and Example Worksheet

<i>At around 48 months of age</i>	<i>At around 60 months of age</i>
<b>2.3</b> Jump for height (up or down) and for distance with beginning competence.	<b>2.3</b> Jump for height (up or down) and for distance while increasing competence. Uses arm swing to aid forward jump.
<b>Examples</b>	<b>Examples</b>
<ul style="list-style-type: none"> <li>• Tries to jump up and bump a hanging object, such as a beach or foam ball suspended from a low ceiling.</li> <li>• Jumps forward a couple of feet using a two-footed takeoff and landing.</li> <li>• Jumps like a frog (squatting, with hands on ground) from one “lilly pad” to another (close distance).</li> <li>• Jumps off a curb or low playground equipment, landing on two feet.</li> </ul>	<ul style="list-style-type: none"> <li>• Jumps over a block by using a two-footed takeoff with arm swing.</li> <li>• Jumps forward a distance of about three feet.</li> <li>• Jumps over the rope as an adult in the middle of a circle slowly swings a rope with a beanbag tied to the end close to the ground in a circle. Children around the circle jump to avoid the beanbag swinging under their feet.</li> </ul>
<b>2.4</b> Begin to demonstrate a variety of locomotor skills, such as galloping, sliding, hopping, and leaping.	<b>2.4</b> Demonstrate increasing ability and body coordination in a variety of locomotor skills, such as galloping, sliding, hopping, and leaping.
<b>Examples</b>	<b>Examples</b>
<ul style="list-style-type: none"> <li>• Pretends to be a horse, galloping rapidly but with some body stiffness.</li> <li>• Makes sliding movements, usually not smoothly; may have trailing foot going past lead foot, looking uncoordinated.</li> <li>• Hops forward on one foot once or twice, with the nonsupporting leg in front of the body.</li> <li>• Runs and steps over a rope or beanbag on the floor; action looks like an exaggerated run rather than a true leap over an object.</li> </ul>	<ul style="list-style-type: none"> <li>• Pretends to be a horse, galloping with rhythmic pattern and relaxed.</li> <li>• Slides smoothly and rhythmically.</li> <li>• Hops a distance of several feet, landing on preferred foot.</li> <li>• Hops in and out of hoops, with the nonsupporting leg hanging down or behind the supporting leg.</li> <li>• Leaps over a “river” made from two ropes by starting with a run, taking off with one foot, and landing on the other foot.</li> </ul>

## HANDOUT 12

### Locomotor Substrand and Example Worksheet

<i>At around 48 months of age</i>	<i>At around 60 months of age</i>
<b>2.1</b> Walk with balance, not always stable, oppositional arm movements still developing, and relatively wide base of support (space between feet).	<b>2.1</b> Walk with balance, oppositional arm movements, and relatively narrow base of support (space between feet).
<b>Examples</b>	<b>Examples</b>
<b>2.2</b> Run with short stride length and feet off the ground for a short period of time. May show inconsistent opposition of arms and legs.	<b>2.2</b> Run with a longer stride length and each foot off the ground for a greater length of time. Opposition of arms and legs is more consistent.
<b>Examples</b>	<b>Examples</b>

## HANDOUT 12

### Locomotor Substrand and Example Worksheet

<i>At around 48 months of age</i>	<i>At around 60 months of age</i>
<b>2.3</b> Jump for height (up or down) and for distance with beginning competence.	<b>2.3</b> Jump for height (up or down) and for distance while increasing competence. Uses arm swing to aid forward jump.
<b>Examples</b>	<b>Examples</b>
<b>2.4</b> Begin to demonstrate a variety of locomotor skills, such as galloping, sliding, hopping, and leaping.	<b>2.4</b> Demonstrate increasing ability and body coordination in a variety of locomotor skills, such as galloping, sliding, hopping, and leaping.
<b>Examples</b>	<b>Examples</b>