

Locomotor Skills

Movement patterns and motor skills provide children with a solid foundation for a variety of physical activities.

Children will be able to:

- Travel within a large group using locomotor skills
- Demonstrate slow and fast speeds and directionality relationships
- Assess and maintain a level of physical fitness and aerobic capacity to improve health and performance
- Demonstrate knowledge of self-responsibility, social interaction, and group dynamics

Supports child growth in Kindergarten Standards

Physical Education

Movement Concepts:

- 1.1 Travel within a large group without bumping into others or falling, while using locomotor skills.
- 1.2 Travel forward and sideways while changing direction quickly in response to a signal.
- 1.3 Demonstrate contrasts between slow and fast speeds while using locomotor skills.
- 1.5 Identify and independently use personal space, general space, and boundaries and discuss why they are important.
- 2.5 Identify the locomotor skills of walk, jog, fun, hop, jump, slide, and gallop.

Rhythmic Skills:

- 1.16 Perform locomotor and non-locomotor movements to a steady beat.



WILLIAM M. HABERMIEHL
County Superintendent of Schools



LocoMotor Movement Activities

CM School Supply

Materials	Item Number	Page Number
Cool Aerobics for Kids, CD	162-651	203
Greg & Steve Ready . . . Set . . . Move!, CD	888-019	203
Motor Fitness Rhythm Games, CD	246-970	203
Physical Education, CD	162-001	203
Smart Moves 2: Preschool thru 1 st , CD	122-262	202
Watch Me Move, CD	245-620	203
Portable CD Player/Cassette Boom Box	435-505	206

The songs on the CDs provide numerous activities for developing and building a solid foundation in movement patterns and motor skills needed to perform physical activities.

Notes

For more information, contact Dave Scahill.
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