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.
LocoMotor Movement Activities

CM School Supply

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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.

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