

# I CAN

## DODGE WITH CONTROL

# PHYSICAL LITERACY LOCOMOTORS

### SUCCESS CRITERIA

KNEES ARE BENT AND BODY LEANS FORWARD

MOVEMENT IN ALL DIRECTIONS ARE SMOOTH, QUICK AND COORDINATED

STUDENT CAN FAKE WITH THEIR HEAD AND SHOULDERS



### GRADES K-2

Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments

### GRADES 3-5

Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments

### GRADES 6-7

Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments

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## PHYSICAL LITERACY LOCOMOTORS

### LEARNING CUES

- HEAD UP
- LOW BODY POSITION
- PLANT ONE FOOT AND QUICKLY CHANGE DIRECTION (PLANT AND GO)
- STEP/LEAN ONE WAY, GO THE OTHER (FAKE)
- MOVE QUICKLY
- BEND KNEES TO STOP

