

I CAN

HOP WITH CONTROL AND LAND SAFELY



PHYSICAL LITERACY LOCOMOTORS

SUCCESS CRITERIA

TAKE OFF ON ONE FOOT AND LANDS ON THE SAME
TAKE OFF FOOT

NON-HOPPING LEG IS USED TO SUPPORT THE TAKE-OFF
AND MOMENTUM OF THE HOP

BODY LEANS FORWARDS OVER THE HOPPING FOOT

ARMS ARE COORDINATED WITH TAKE-OFF, MOVING
FORWARDS AND UPWARDS

HOPPING ACTION IS CONTINUOUS AND RHYTHMICAL
MAINTAINS BALANCE

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

- SWING BOTH ARMS BACK, THEN VIGOROUSLY FORWARD AND UPWARD
- PUSH OFF FROM TOES IN TAKE-OFF
- LAND ON TOES, THEN BALL OF FOOT
- BEND KNEE TO ABSORB SHOCK

