

I CAN

LAND SAFELY WITH CONTROL

PHYSICAL LITERACY LOCOMOTORS



SUCCESS CRITERIA

LANDING IS CONTROLLED AND SAFE

A WIDE BASE OF SUPPORT IS EVIDENT

SHOCK IS ABSORBED THROUGH THE 'GIVING' ACTION OF ANKLES, KNEES AND HIPS

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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LAND SAFELY WITH CONTROL



PHYSICAL LITERACY LOCOMOTORS

LEARNING CUES

- LAND WITH FEET APART
- BEND KNEES
- LAND IN THE ORDER OF TOES-BALL-HEEL, WRIGGLE TOES
- PULL STOMACH IN – TUCK BOTTOM UNDER
- STRETCH ARMS OUT IN FRONT
- HOLD HEAD UP, LOOK STRAIGHT AHEAD
- HOLD FOR 3 SECONDS
(COUNTING 'THOUSAND' FOR EACH SECOND)

