

I CAN

RUN WITH CONTROL

PHYSICAL LITERACY LOCOMOTORS

SUCCESS CRITERIA

FOCUS EYES FORWARD

STRIDE IS A GOOD LENGTH, HAS AN EVEN RHYTHM
AND INCLUDES A DEFINITE LIGHT PHASE

SUPPORTING LEG EXTENDS FULLY

ARMS ARE BENT AND SWING BACKWARDS
AND FORWARDS IN OPPOSITION TO LEGS



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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RUN WITH CONTROL

PHYSICAL
LITERACY
LOCOMOTORS



LEARNING CUES

- HOLD HEAD UP, LOOK AHEAD
- LEAN BODY SLIGHTLY FORWARD
- LIFT KNEES BENT AT RIGHT ANGLES DURING RECOVERY PHASE
- BEND ARMS AT THE ELBOWS
- SWING ARMS BACKWARDS AND FORWARDS FROM SHOULDERS
- MOVE ARMS IN OPPOSITION TO LEG ACTION
- PUSH OFF WITH THE BALLS OF THE FEET

