

# I CAN

## I CAN SKIP WITH A RHYTHMICAL FLOW



## PHYSICAL LITERACY LOCOMOTORS

### SUCCESS CRITERIA

STEP-HOP PATTERN IS SMOOTH AND COORDINATED

ARMS ARE USED IN THE HOPPING ACTION AND ARE COORDINATED THROUGHOUT THE ACTION

STUDENT LANDS ON THEIR TOES

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

# I CAN

**I CAN SKIP WITH A RHYTHMICAL FLOW**



**PHYSICAL  
LITERACY  
LOCOMOTORS**

## **LEARNING CUES**

- **STEP FORWARD AND HOP ON THE SAME FOOT**
- **REPEAT WITH THE OTHER FOOT**
- **LIFT KNEE SHARPLY UPWARD**
- **OPPOSITE ARM BENDS AT THE ELBOW**
- **ARMS MOVE FORWARD AT THE SHOULDER JOINT**



**SCAN ME**