

Locomotor Dance Skills Checklist

Locomotor Dance Skills	Jumping					Hopping					Leaping				
Criteria for Grades 3-4	preparatory movement includes flexion of both knees with arms extended behind the body	arms extend forcefully forward and upward, reaching full extension above head	take off and land on both feet simultaneously	arms are brought downward during landing	body weight at landing moves forward	able to hop on either foot, land on same foot	nonsupport leg flexed with the foot further back than the knee	rhythmical, pendulum-like action of nonsupport leg to produce force	arms bent and swing to produce force	arms are not needed for balance	Eyes focused forward	Knee of take-off leg bends	Legs straighten during flight	Arms held in opposition to legs	Lands on ball of foot and bends knee to absorb landing
Class:															
Names:															

JUMP



HOP



LEAP

