Locomotor Skills Checklist

Locomotor Skills	Jumping					Hopping					Galloping					Skipping				
Criteria for Grades K-6 **Class:** **Names :**	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	a step forward with the lead foot, followed by a step with the trailing foot to a position adjacent to, or behind, the lead foot	brief period where both feet are off the ground	both legs flexed during flight	arms bent and lifted to waist level	able to lead with either foot	rhythmical repetition of the step–hop on alternate foot	rhythmical weight transfer throughout	foot of nonsupported leg carried near surface during hop	arms alternately moving in opposition to legs at about waist level	toe landing