Before you take the test, take some time to think about all the new words we have learned and the activities we have been doing in class.

PART 1: TRUE/FALSE

**Directions:** Read each statement below carefully. Place a T on the line if you think a statement is **TRUE**. Place an F on the line if you think the statement is **FALSE**. If you have questions, raise your hand and ask your teacher.

_____ 1. Locomotion is the ability to move your body from one place to another.

_____ 2. In a walk, the stepping foot is placed on the ground before the other foot is lifted.

_____ 3. In a gallop, you move backwards.

_____ 4. When leaping, you should use your arms to help you go higher off the ground.

_____ 5. When running, you should always try to take as many breaths as possible because your body is going faster than normal.

PART 2: MULTIPLE CHOICE

**Directions:** Read each question carefully, and then CIRCLE THE ANSWER that best fits the question. If you have questions, raise your hand and ask your teacher.

6. **When sliding you should:**
   
a. move sideways  
b. move backwards  
c. always hit the person beside you  
d. climb to the top and slide down

7. **Two types of a run we talked about in class are:**
   
a. walking and trotting  
b. propel and run  
c. trot and sprint  
d. sprint and walk
8. When walking you should always:
   a. point your toes straight ahead  
   b. push off from the floor with your toes  
   c. walk quietly  
   d. all of the above

PART 3: FILL IN THE BLANK

Directions: Read each question carefully and provide the answer on the line. Your answer must be in complete sentences. If you have questions, raise your hand and ask the teacher.

9. What does the word **SPRINT** mean?

   
   
   

10. Name 4 of the **Fundamental Locomotor Skills** we talked about and practiced in class.

   
   
   
   
   
   
   
   

Answer Key for the third grade Fundamental Locomotor written test

Part 1: True/False

1. True
2. True
3. False
4. True
5. False

Part 2: Multiple Choice

6. a. move sideways
7. c. trot and sprint
8. d. all of the above

Part 3: Fill in the Blank

9. Sprinting means to run as fast as your body can go. or Sprinting means running for speed.
10. Accept any 4 of the following:
    Walking, running, leaping, jumping, hopping, galloping, sliding, skipping