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## Locomotor Skill Analyses

### Locomotor Skills

- 1) Walk- each foot moves alternately, with one foot always in contact with the ground or floor.
- 2) Run- moving rapidly so that for a brief moment, both feet are off the ground.
- 3) Leap- is an elongated step designed to cover distance or move over a low obstacle.
- 4) Jump- requires taking off with both feet and landing on both feet.
- 5) Hop- involves propelling the body up and down on the same foot.
- 6) Gallop- is similar to sliding, but progress is in a forward direction. One foot leads and the other is brought rapidly forward to it.
- 7) Sliding- it is done to the side. It is a 1-count movement, with the leading foot stepping to the side and the other foot following quickly.
- 8) Skipping- it is a series of step-hops done with alternate feet. A step followed by a hop is then performed on the other foot.

### Learning Cues

#### 1) Walk

- Toes should be pointed reasonably straight ahead.
- Arm movement should feel natural and shouldn't swing.
- Head kept up, eyes focused ahead
- Stride length should be medium, with no up-down motion

#### 2) Run

- The balls of the feet should be used for sprinting
- The faster one desires to run, the higher the knees must be lifted and bent more
- Less arm swing is needed and less body lean is used in distance as well
- The weight should be absorbed on the heels and transferred to the toes.

#### 3) Leap

- Height and graceful flight are goals for which to strive.
- Landing should be light and relaxed.
- Push off and reach, up and over, land lightly
- Use your arms to help you gain height

#### 4) Jump

- The knees and ankles should be bent before takeoff
- The landing should be on the balls of the feet, with the knees bent to absorb the impact.

- The arms should swing forward and upward at takeoff to add momentum.
- The legs must be bent after takeoff or the feet will touch the ground prematurely.
- Swing arms, bend knees, on toes, land light, jump and touch ceiling

5) Hop

- To increase height, arms must swing rapidly
- Should be performed on the ball of the foot.
- Small hops to start out with
- Stay on your toes, use arms for balance, reach for sky, land lightly.

6) Gallop

- Movement should be smooth and graceful, each foot should have a chance to lead.
- Keep one foot in front of the other, now lead with the other foot, make high gallops

7) Sliding

- Emphasize sideways movement.
- Move sideways, do not bounce, slide your feet.
- The slide is a smooth, graceful, and controlled movement.

8) Skip

- smoothness and rhythm are goals in skipping, weight must be transferred from one foot to another.
- The arms swing in opposition to the legs.
- Step-hop, swing your arms, skip smoothly, on your toes.