

COFFIN SCHOOL FIRST AND MULTI-AGE HOME PE - 4/13/2020

This week we are going to practice all the locomotor skills we learned. Walking, running, hopping, jumping, galloping, skipping, sliding, and leaping are ones we do in the gym. They are the basis for lots of sports and dance. Encourage your family to take a walk or run outside this week.

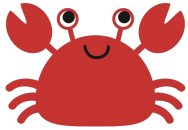
Galloping is one foot in front, one in back. Skipping is step/hop, step/hop. Sliding is moving sideways with one foot and catching up with the other. Leaping is kicking that front leg up high and keeping the other in the back. Keep practicing your jumping from the earlier lessons. Keep up those 5210 Healthy Choices. Visit my website at the Coffin School home page for fun activities, there are even videos of me!

Mrs. Peck-Moad

Locomotor "See if you can...."

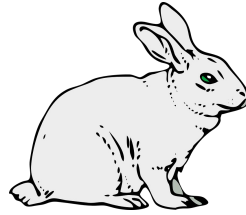
1. Look at the activities on the next page.
2. See if you can do all of the movements.
3. Cross off each as you do them.
4. Circle the ones you need to practice!
5. Challenge a family member, can they do all these movements?
6. With sidewalk chalk outside or a pencil and paper inside design an obstacle course with locomotor movements of your choice.
7. Challenge yourself and friends to do the obstacle course!

LOCOMOTOR "SEE IF YOU CAN....."



SPIN
AROUND
IN
CIRCLES

JUMP
LIKE A
BUNNY

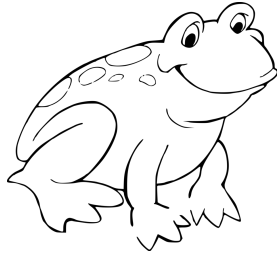


LEFT
FOOT
HOP

WALK
ON YOUR
KNEES

WALK
LIKE A
CRAB

TAKE THE 5
BIGGEST
STEPS YOU
CAN



SLIDE
DOWN A
LONG
HALLWAY

GALLOP LIKE
A HORSE TO
THE BACK
DOOR

RIGHT
FOOT
HOP

SKIP TO
THE FRONT
DOOR AND
BACK

PRETEND TO
JUMP ROPE
10 TIMES



LEAP
OVER
YOUR
FAVORITE
STUFFY



RUN IN
PLACE FOR
30
SECONDS