

DTE - DC - PHYSICAL EDUCATION

FURTHER READING

LOCOMOTOR SKILLS

Locomotor skills can be demonstrated by both humans and animals. Animals like monkeys can walk, cheetahs can run and jump, kangaroos can leap, horses can jog and run while eagles can skip.

Locomotor skills have different body positions and hand movements

- 1. Walking:** Body position is upright, one foot moves after the other and hands swings slightly forwards and backwards with the opposite leg. A walking activity can be performed between two markers. Breathing is natural.
- 2. Jogging:** Body is slightly bent forwards with arms on the side moving up and down slowly in tandem with the strides. The speed is low. Breathing is almost natural. This activity can be performed between two markers or on a track.
- 3. Running:** The body is slightly bent after takeoff but straightens as the runner speed increases. The arms move up and down in tandem with the long strides. Breathing is dictated by the type of running one is performing. This activity can be done as shuttle runs between two markers or round a running track.
- 4. Galloping:** Body leans forward with hands close to the knees and weight balanced on the feet. This activity can be performed between two markers.
- 5. Jumping:** You can jump on the spot or over an obstacle. Takeoff can be with one or both feet. Arms move upwards to aid in jumping. One can also jump for vertical distance like in High jump and Pole vault in Athletics.
- 6. Hoping:** This is usually performed by jumping using both feet at the same time. Takeoff and landing is done using two feet together. Arms are on the side of the body folded at the elbows. This activity can be done between two markers.
- 7. Leap:** leaping involves covering horizontal distance. It starts from a run and take off can be either feet or one foot depending on the activity. In Long jump takeoff is from one foot but landing is on both feet together.
- 8. Skipping:** skipping involves a series of jumps. Skipping can be done with an apparatus like a skipping rope or without. With apparatus the arms swing the rope while without apparatus the hands are on the sides.