|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **B**  | **I** | **N** | **G** | **O** |
| 23Gallop in one spot | 8Tricky: Skip Backwards | 1Jump Backwards 3 times | 20Jump as far as you can forward | 13Jump forward and then backwards |
| 11Jump forward 10 times | 22Skip in a circle | 14Jump up 5 times | 2Jump as high as you can | 21Hop on your right foot  |
| 17Tricky: Jump and spin around | 3Jump to the right and then to the left  | 25Do a locomotor activity of your choice! | 15Gallop forward for 10 seconds (count to 10) | 9Skip in a straight line |
| 18Hop using alternating feet | 7Leap and land in control | 4Leap and use alternating feet to take off | 19Jump to the left 2 times | 16Leap forward 2 times |
| 6Gallop in a circle | 24Hop on left foot 4 times then on right foot 4 times  | 12Hop on your left foot | 5Jump and land in control | 10Jump to the right 2 times |

**LOCOMOTOR**

Which skill are you the best at?

Which skill do you think you need more practice?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **B**  | **I** | **N** | **G** | **O** |
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| 9Skip in a straight line | 4Leap and use alternating feet to take off | 13Jump forward and then backwards | 6Gallop in a circle | 19Jump to the left 2 times  |
| 10Jump to the right 2 times |  22Skip in a circle | 25Do a locomotor activity of your choice! | 14Jump up 5 times | 12Hop on your left foot |
| 18Hop using alternating feet | 1Jump Backwards 3 times | 11Jump forward 10 times | 24Hop on left foot 4 times then on right foot 4 times | 5Jump and land in control |
| 20Jump as far as you can forward |  3Jump to the right and then to the left | 23Gallop in one spot | 8Tricky: Skip Backwards | 2Jump as high as you can |

**LOCOMOTOR**

Which skill are you the best at?

Which skill do you think you need more practice?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
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