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

**LOCOMOTOR**

Which skill are you the best at?

Which skill do you think you need more practice?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
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| 20  Jump as far as you can forward | 3  Jump to the right and then to the left | 23  Gallop in one spot | 8  Tricky:  Skip Backwards | 2  Jump as high as you can |

**LOCOMOTOR**

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