

Name _____

Critical Elements for Locomotor Movements

Movement	Critical Element (X = Element demonstrated)
Walk (Kindergarten)	<input type="checkbox"/> Body faces forward <input type="checkbox"/> Relaxed swinging arms/move opposite legs <input type="checkbox"/> Toes pointed forward <input type="checkbox"/> Heels touch ground first
Run (Kindergarten)	<input type="checkbox"/> Pumping arm action <input type="checkbox"/> Arms move opposite legs <input type="checkbox"/> Drive knees forward <input type="checkbox"/> Rolling foot action
Jump (First Grade)	<input type="checkbox"/> Knees bend before and after jump <input type="checkbox"/> Swinging arms forward and up <input type="checkbox"/> Push off with both feet <input type="checkbox"/> Land on the balls of both feet
Gallop (First Grade)	<input type="checkbox"/> Body faces forward <input type="checkbox"/> Arms slightly out for balance <input type="checkbox"/> One foot stays in front of other, toes leading <input type="checkbox"/> Toe-to-heel action
Hop (Second Grade)	<input type="checkbox"/> Arms out for balance <input type="checkbox"/> Use only one leg <input type="checkbox"/> Bend knee before and after the hop <input type="checkbox"/> Land on the balls of one foot
Skip (Second Grade)	<input type="checkbox"/> Arms swing and move opposite legs <input type="checkbox"/> High knee lift <input type="checkbox"/> Step-hop leg action <input type="checkbox"/> Land on the balls of the feet
Slide (Second Grade)	<input type="checkbox"/> Face forward, arms out for balance <input type="checkbox"/> Move sideways with toes forward <input type="checkbox"/> Push off on the balls of the feet <input type="checkbox"/> Apart together leg action
Leap (Second Grade)	<input type="checkbox"/> Arms out to side for balance <input type="checkbox"/> Start on one foot, land on the other foot <input type="checkbox"/> Knee up high on the reaching foot <input type="checkbox"/> Land on the ball of foot

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Critical Elements for Non-Locomotor Movements

Movement	Key Element (X = Element demonstrated)
Bend (Flex) (Kindergarten)	<input type="checkbox"/> Made body/part short, small, or narrow <input type="checkbox"/> Two body parts became close together <input type="checkbox"/> Occurs at joints of the body <input type="checkbox"/> Body parts draw inwards smoothly
Stretch (Extension) (Kindergarten)	<input type="checkbox"/> Make body of part(s) long, tall, or wide <input type="checkbox"/> Body or part(s) move away from center <input type="checkbox"/> Occurs at the joint of the body <input type="checkbox"/> Movement is slow and smooth, held for 20-30 seconds
Turn (First Grade)	<input type="checkbox"/> Change direction of body <input type="checkbox"/> Face a new direction <input type="checkbox"/> Shift body weight smoothly
Twist (First Grade)	<input type="checkbox"/> Rotate a selected body part at a joint <input type="checkbox"/> Rotate smoothly
Rock (First Grade)	<input type="checkbox"/> Side to side or back and forth movement <input type="checkbox"/> Transfers weight from one body part to another
Sway (First Grade)	<input type="checkbox"/> Stationary base of support <input type="checkbox"/> Smooth side to side or back and forth movement
Balance (Second Grade)	<input type="checkbox"/> Eyes on focal point <input type="checkbox"/> Use limbs for balance <input type="checkbox"/> Steady base of support <input type="checkbox"/> Hold 3-5
Pull (Second Grade)	<input type="checkbox"/> Wide base of support <input type="checkbox"/> Bend elbows and knees <input type="checkbox"/> Lean away from object <input type="checkbox"/> Movement is towards the body
Push (Second Grade)	<input type="checkbox"/> Wide base of support <input type="checkbox"/> Bend elbows and knees <input type="checkbox"/> Lean towards object <input type="checkbox"/> Movement is away from the body

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Critical Elements for Manipulative Skills

Skill	Key Element (X = Element demonstrated)
Roll, Two Handed (First Grade)	<input type="checkbox"/> Straddle stance, eyes on target <input type="checkbox"/> Knees and body bent <input type="checkbox"/> Hands on side of the ball <input type="checkbox"/> Smooth contact with floor
Toss, Two Handed (First Grade)	<input type="checkbox"/> Eyes on object <input type="checkbox"/> Feet apart, knees bent <input type="checkbox"/> Arms swing up from knee level <input type="checkbox"/> Release object upwards
Throw, Underhand (Second Grade)	<input type="checkbox"/> Feet slightly apart, knees bent <input type="checkbox"/> Bring object back, pendulum swing <input type="checkbox"/> Step with opposite foot, transfer weight <input type="checkbox"/> Smooth release of object towards target
Bowl (Second Grade)	<input type="checkbox"/> Feet together, eyes on target <input type="checkbox"/> Knees and body bent, bring ball back <input type="checkbox"/> Step with opposition and release ball <input type="checkbox"/> Smooth contact with floor
Catch (Second Grade)	<input type="checkbox"/> Eyes on object <input type="checkbox"/> Feet apart, knees bent <input type="checkbox"/> Give upon receiving object <input type="checkbox"/> Bring object towards body
Kick (Fourth Grade)	<input type="checkbox"/> Step with non-kicking foot <input type="checkbox"/> Forcibly swing kicking foot <input type="checkbox"/> Contact ball with designated portion on foot <input type="checkbox"/> Follow through with kicking leg
Trap (Fourth Grade)	<input type="checkbox"/> Step with non-trapping foot <input type="checkbox"/> Move trapping foot to contact ball <input type="checkbox"/> Contact ball with little rebound
Dribble, Hand (Fifth Grade)	<input type="checkbox"/> Feet apart, knees bent <input type="checkbox"/> Fingertips spread; push ball to the floor <input type="checkbox"/> Ball in control at waist level <input type="checkbox"/> Eyes up, away from ball

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Critical Elements for Manipulative Skills

Skill	Key Element (X = Element demonstrated)
Dribble, Feet/Apparatus (Fifth Grade)	<input type="checkbox"/> Keep object close and in front of body <input type="checkbox"/> Little taps or pushes <input type="checkbox"/> Use both sides of the foot/body <input type="checkbox"/> Eyes up
Throw - Overhand (Fifth Grade) <i>Verbal cues – "Ready position, Step, Turn, Throw"</i>	<input type="checkbox"/> Correct ready position <input type="checkbox"/> Non-throwing side to target, throwing arm raised to 90 degrees, feet slightly apart and parallel <input type="checkbox"/> Overhand action <input type="checkbox"/> Lead with elbow, hips turned, step to target, release with force <input type="checkbox"/> Follow through
Strike (3 of 4 elements of mastery) (Fifth Grade)	<input type="checkbox"/> Assume ready position (Specific to activity/skill) <input type="checkbox"/> Track object with eyes <input type="checkbox"/> Step with opposite foot, transfer weight <input type="checkbox"/> Make contact, follow through
Punt (Demonstrate progress)	<input type="checkbox"/> Eyes on ball <input type="checkbox"/> Drop ball <input type="checkbox"/> Contact ball with instep of foot <input type="checkbox"/> Kick ball with designated portion of foot
Volley (Demonstrate progress)	<input type="checkbox"/> Eyes on ball/object <input type="checkbox"/> Move to the ball/object <input type="checkbox"/> Push ball/object using hand/racquet <input type="checkbox"/> Follow through in direction of target

