

K-3 PHYSICAL LITERACY
YOU-ME-WE
LOCOMOTORS





BC CURRICULUM COMPETENCIES

K-1

Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments

Describe the body's reaction to participating in physical activity in a variety of environments

Develop and demonstrate safety, fair play, and leadership in physical activities

Grade 2

Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments

Apply methods of monitoring exertion levels in physical activity

Develop and demonstrate safety, fair play, and leadership in physical activities

Identify and explain factors that contribute to positive experiences in different physical activities

Grade 3


Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments

Apply a variety of movement concepts and strategies in different physical activities

Apply methods of monitoring exertion levels in physical activity

Develop and demonstrate safety, fair play, and leadership in physical activities

Identify and explain factors that contribute to positive experiences in different physical activities



LOCOMOTORS

Have you ever looked around at all the wonderful ways we can move our bodies? Have you noticed that similar movements can be done quickly and slowly; they can even be at different levels like close to the ground and high up in the air. It can be fun to move and act like animals, what is your favourite animal? How do they move their bodies? Can you move your body like a cat or a horse? This booklet will guide you in exploring a variety of ways to move your body. Some activities require the support of a trusted adult. Always make sure the area is safe before performing any movements especially ones that you may never have tried before. Fill out each page as you complete the activities. Enjoy and have fun MOVING!



PHYSICAL LITERACY

Moving our bodies confidently in a variety of ways in different environments

Write what you know and wonder about how our bodies move in different physical activities.
When you complete this unit write what you have learned about how your body moves in different ways and in different environments.



FUNDAMENTAL MOVEMENT SKILLS

Locomotors are how we move our body across the floor. Draw a line to match the picture with the action or locomotor.

RUNNING



ROLLING



HOPPING



GALLOPING



JUMPING



SKIPPING





BODY MOVEMENT CHALLENGE

Today you are going to explore all the wonderful ways your body can move. You can do this activity in your home or outside but make sure there is an adult present to help you make the area safe for your body to move.

Body exploring #1-See how many different ways you can move your body from one end of your home to the other. Write or draw all the ways you were able to move your body. Here are some examples-walking on your toes, skipping, crawling, rolling, jumping and walking backwards.

The ways I moved my body, write or draw here:

Reflection questions (Please write on the back of this page if you run out of room):

1) What movement was the easiest for you to do? Why?

2) What movement was the hardest for you to do? Why?

3) What is one movement you would like to be able to do? What could you do to practice this movement?



RUNNING

Running is moving our feet faster than walking or jogging. Why do you think people run? Where do you see people running around your home or school?

Today you are going to see how fast you can run. Choose an open space that you can run in. Get help from an adult to make the area safe.

Try the following:

- >Running without moving your arms
- >Running with straight legs
- >Running on your toes
- >Running with pumping your arms forwards and back, making sure your whole foot touches the ground and lean forward slightly

Reflection questions (Please write on the back of this page if you run out of room):

What did you enjoy about running?

What made it hard for you to run fast?

What made it easier for you to run fast?

What parts of your body are you using when you are running?

What animals can run fast?





ROLLING

What objects roll along the ground? Collect two objects you can roll, example pencil, ball, marble, apple)

Can you make your body in the same shape of the objects you collected?

Try this:

Have an adult help you make the area safe and comfortable for you to try rolling your body. Example, put blankets down on a hard surface floor and move the coffee table away.

Make your body into the shape of your object. Then see if you can roll your body just like the object rolls along the ground.

Try another way to roll your body.

Reflection activity:

Draw the way you feel when you are rolling your body along the ground.



HOPPING AND JUMPING

Jumping is using both feet and hopping is using one foot. What animals jump with two feet?

See if you can copy the pictures below



Jumping Challenge

Place object's such as a sock, stuffed animal, toilet paper roll, and/or pillow on the floor. Can you jump over each one with two feet?

Draw a line on the ground outside or place a rope or string on the ground inside. Start with two feet on the line. See how far you can jump. Try again to jump farther each time. See if you can jump farther than a family member.

Count how many times you can hop on your right foot.

Count how many times you can hop on your left foot.

Reflection questions (Please write on the back of this page if you run out of room):

What is easier hopping on your right foot or hopping on your left foot?

What body parts do you use to balance yourself while hopping?



GALLOPING

Horses love to gallop. Today we are going to pretend we are a horse. What colour is your horse? Are you a big horse or a small horse?

Have a family member help you make sure the area is safe to gallop in. You can gallop outdoors or indoors but make sure an adult is with you. Choose a song you would like to gallop to. Play the music while you gallop around the room. Have a family member stop the music randomly. When the music stops freeze and have a drink of water.

Challenge:


Can you keep the same foot in front the entire time you are galloping? Try galloping with your right foot in front and your left foot in front.

How many times can you gallop with one foot?

Reflection Questions:

Which leg do you prefer to have in front, your right or your left? Why?





Find a place where you can move your body freely and safely. This can be inside or outside. Put a check mark when you complete the locomotors below.

LOCOMOTOR	CHECK
Show a family member how fast you can run. Remember use your arms to help you run faster.	
Race a family member or friend. Remember to always look ahead while you are running.	
On a soft surface see how many ways you can roll your body	
Lie on the floor and hug your knee's then roll side to side	
Lie on the floor and hold a stuffed animal above your head. Keep your body as straight like a pencil. Can you roll all the way over? Can you roll to the right and then to the left?	
Hold the table or a tree. Hop on one foot. How many times can you hop on each foot?	
Find a safe place to hop on one foot from one end of the room to the other. Remember only one foot touches the ground when you hop.	
Keep the same foot in front of you body and gallop around the room or outside like a horse. Can you make a horse sound while you gallop?	
Find a safe place to gallop 10 time with your right foot in front and 10 times with your left foot in front. Which is easier your right foot or your left foot in front?	
Kangaroo's jump with two feet. Can you jump like a kangaroo? How many time can you jump without stopping? Remember to bend your knees when you land.	
How far can you jump? Remember to swing your arms forward as you jump. See if you can jump farther than a family member or friend	



YOU DID IT!

You are a superstar and must be very proud of yourself for completing the locomotors physical literacy booklet. Moving our bodies can be fun and exciting. It's important to always make sure the area is safe when performing movements that are new to you. As we grow and our bodies develop you will find there are many different types of movements that can be performed in a variety of ways. For example, running can be done super fast or super slow, you can jump super high or super low. Explore and discover what your body is able to do. Moving is great for your body and your mind. Hope you enjoyed the activities in this booklet.

