

LOCOMOTION LEVELS



GYMNASTICS

EQUIPMENT >>>

- ✓ Music (optional)

SET UP >>>

- ✓ Participants stand a safe distance apart from each other in the activity area.

ACTIVITY >>>

- ✓ Call out a locomotion (crab walking, hopping on one foot, skipping, jumping, galloping, etc.) for the participants to perform.
- ✓ Throughout the activity, call out "high", "medium", and "low". Participants modify their locomotion to meet that height. For example, calling out "high" would have participants performing a tree pose or going up on their tippy toes, medium would be a squat or leaning lunge, and low would be a plank or v-sit.
- ✓ Repeat the activity with varied locomotions and levels.