

Locomotion/Travelling Skills: Success Criteria

Description: Moving the body from one point to another in various ways.

Examples: wheeling, running, dodging, sliding, jumping, lunging.

Applying Movement Skills:

- I can keep my weight on the balls of my feet.
- I can maintain a ready position in order to make a quick movement.
- I can turn my head, shoulders, eyes or body to face the new direction of travel.
- I can keep my head up and focus on my target as I propel myself forward.

Combining Locomotion and Manipulation Skills:

- I can move in a variety of directions while carrying and sending an implement.
- I can move in a variety of ways to move to open space to receive a pass.

Applying Movement Concepts:

- I can keep my centre of gravity low for better balance while moving.
- I can move my centre of gravity outside my base of support for quick movement.
- I can move in a variety of pathways to get into position to receive an object.
- I can move in a variety of pathways to avoid a defender.
- I can change direction in a fluid motion.
- I can move at a variety of speeds in response to others, the play or objects on the terrain.
- I can adjust my pace to various environmental factors such as weather.

Applying Movement Principles:

- I can apply force with my hips, knees and ankles to propel myself upward or forward.
- I can use my arms simultaneously with my legs to generate force to propel myself upward or forward.
- I can exert the appropriate force to propel my body in various contexts.
- I can apply force in the opposite direction to propel my body in the desired direction of travel.

Thinking About Performance (Living Skills):

- I can analyze how I apply the laws of motion and force to make adjustments to improve my skills.
- I can use feedback from others to refine my movement when engaging in a variety of activities.
- I can use my critical thinking skills to explain how the ability to apply movement concepts and principles increases my movement competence and confidence in a variety of activities.

Improving Performance:

- How can you apply the law of reaction to increase your movement efficiency when swimming, skiing or skating?
- How can you use the law of applied impulse to increase your efficiency at moving at different speeds and when adjusting to environmental conditions?
- What do you need to do to maintain your stability while moving and sending or receiving objects?