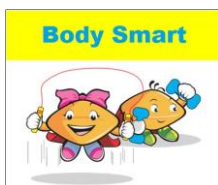






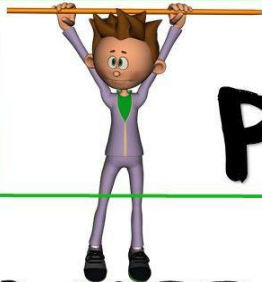
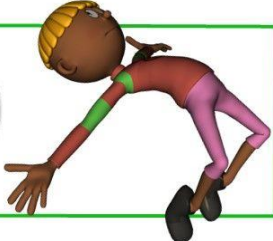

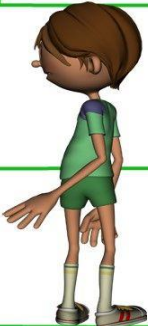

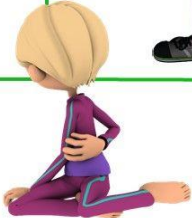
# FREE PRINTABLE WORKSHEETS (Locomotor & Non-Locomotor Skills)

Locomotor skills are the basic ways to move, the building blocks of coordination. Help your child practice these important skills: walking, galloping, jumping, hopping, side-sliding, leaping and skipping.



**Non-Locomotor skills** can be defined as "movements that occur in the body parts or using the whole body but do not cause the body to travel to another space."

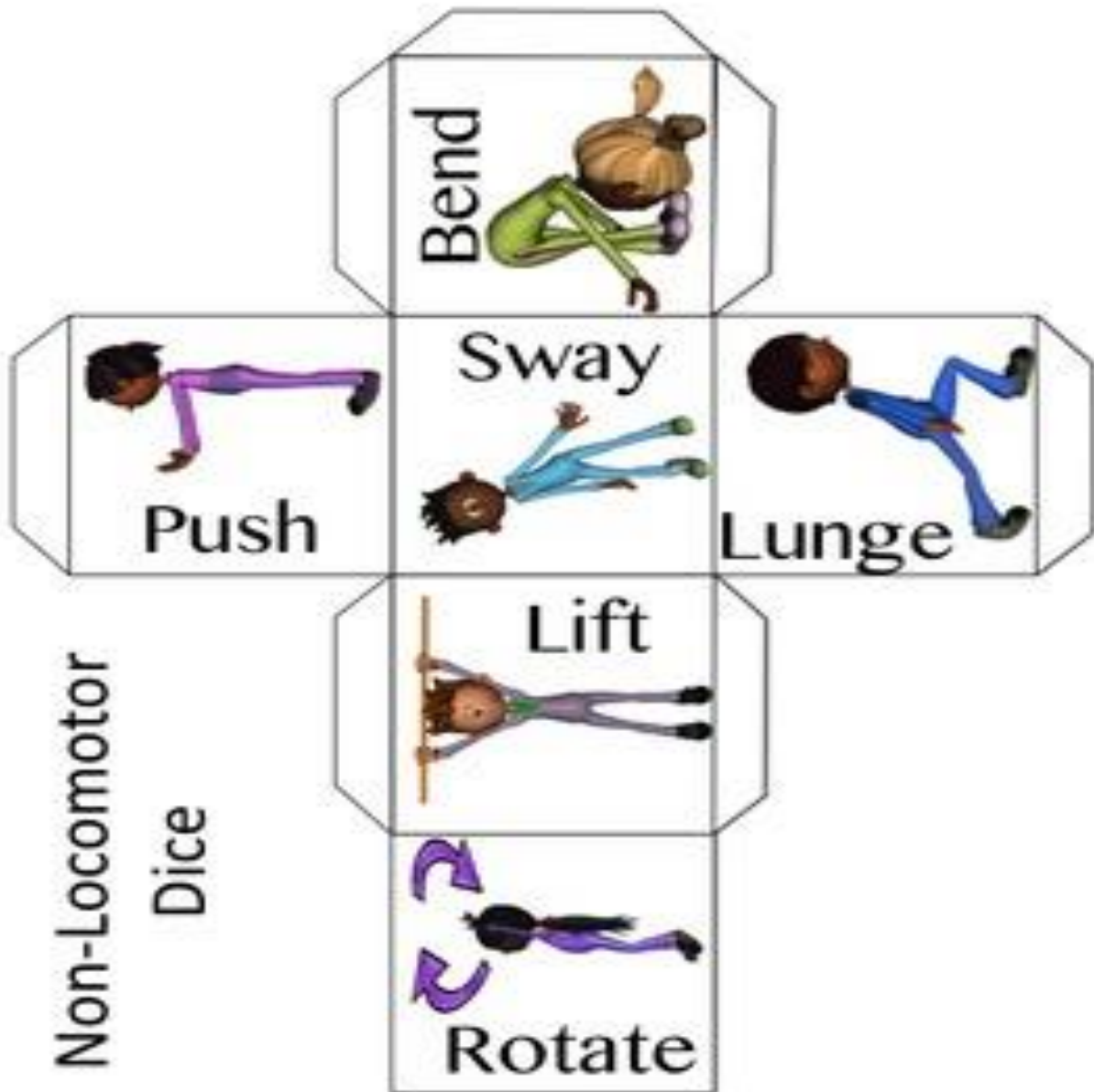
# NON-LOCOMOTOR MOVEMENT

	<b>STRETCH</b>	
<b>CURL</b>		<b>PULL</b>
	<b>BALANCE</b>	
<b>BEND</b>		<b>SWING</b>
	<b>TURN</b>	<b>PUSH</b>
<b>SWAY</b>		
<b>TWIST</b>		

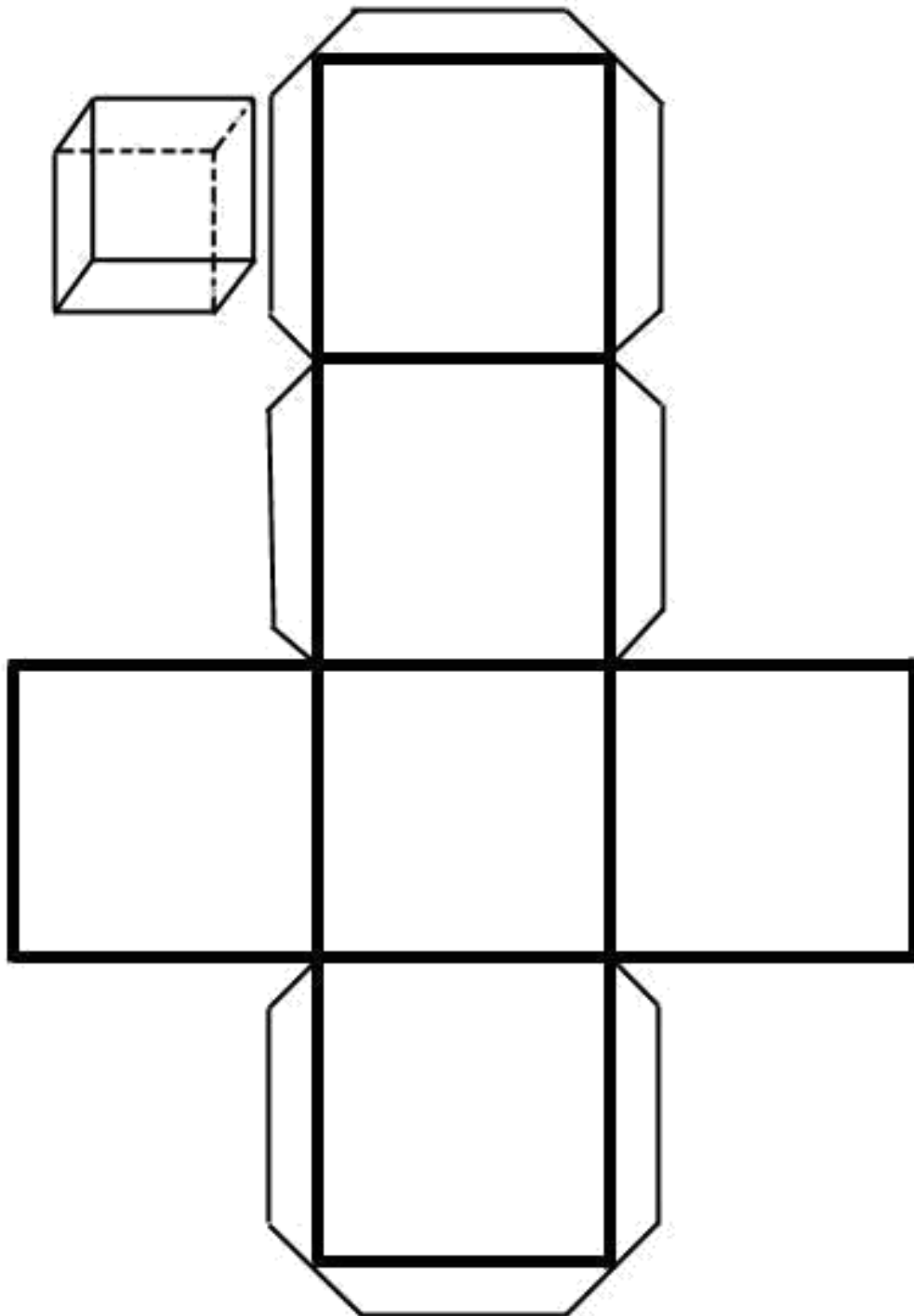


## Activity 1: Non-Locomotor Skills

- ❖ You can create your own non-locomotor dice that you can use to teach this topic.



# Dice Template

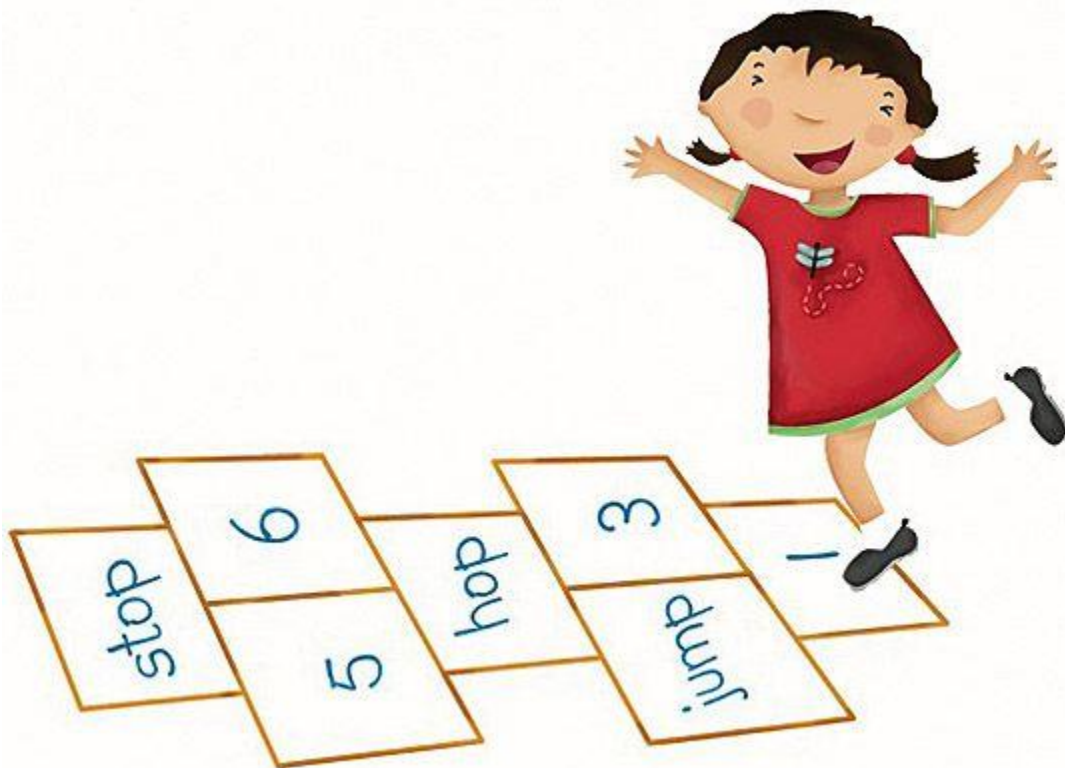


**Note: You can draw or paste pictures on the dice**

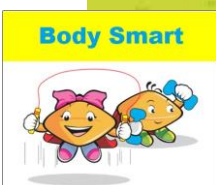


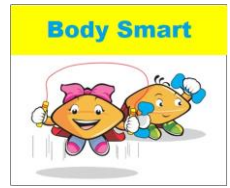
## Activity 2: Locomotor Skills

- ❖ Using masking or colourful tapes, create tracks or even a hopscotch to perform different locomotor skills.
- ❖ You can also use safe objects as obstacles to make this activity more fun and challenging.
- ❖ Ensure safety of your children. If you have smaller children, demonstrate how each movement is done.
- ❖ You can create your own rules and terms for this activity.
- ❖ Below are sample tracks, obstacles and hopscotch.



- ❖ Be creative in making your own tracks. Racing game can be played also in this activity. For example, one leg hop to gather as many balls (any object) as you can.





Match the skills to their names.

1.



❖ jump

2.



❖ hop

3.



❖ leap

4.



❖ skip

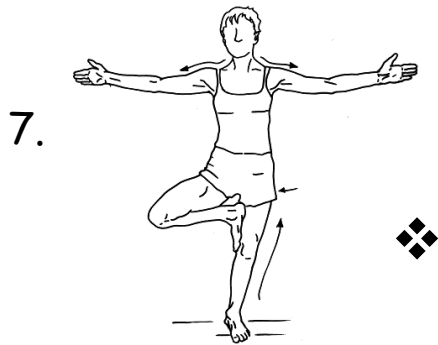
5.



❖ run



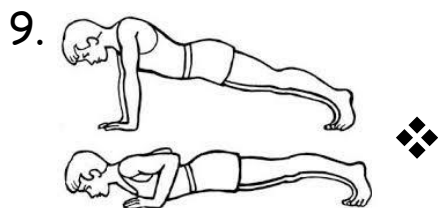
❖ twist



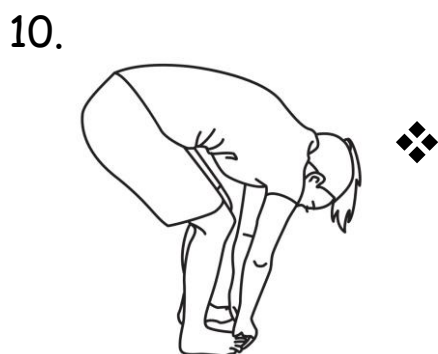
❖ bend



❖ push



❖ balance



❖ stretch



Draw a line to determine the type of skills of the movements.



**Locomotor**

**Non-Locomotor**

